



Biscuit and Jam Shake

 Gluten Free

READY IN



5 min.

SERVINGS



4

CALORIES



1013 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 large banana very ripe
- ☐ 0.5 cup speculoos cookie spread
- ☐ 4 strawberries whole for garnish
- ☐ 1 cup strawberry preserves
- ☐ 8 cups whipped cream
- ☐ 0.5 cup milk whole

Equipment

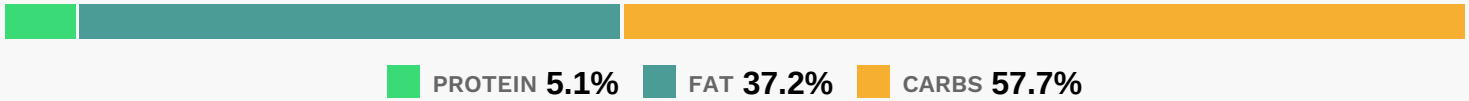
- ☐ knife

- ☐ blender
- ☐ skewers

Directions

- ☐ In a blender, combine the speculoos, milk, and banana and mix until combined, 1 minute.
- ☐ Add the ice cream and blend until mixed but still thick, 1 to 2 minutes.
- ☐ Pour some into pint/parfait glasses alternating with dollops of preserves, creating layers. Using a long skewer, or a knife, swirl the jam into the shake, have fun with it.
- ☐ Garnish with a strawberry on the edge of the glass and watch the love in your child's eyes shine.

Nutrition Facts



Properties

Glycemic Index:62.19, Glycemic Load:73.15, Inflammation Score:-7, Nutrition Score:15.277391516644%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 2.98mg, Pelargonidin: 2.98mg, Pelargonidin: 2.98mg, Pelargonidin: 2.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 2.45mg, Catechin: 2.45mg, Catechin: 2.45mg, Catechin: 2.45mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 1012.62kcal (50.63%), Fat: 42.05g (64.7%), Saturated Fat: 21.5g (134.37%), Carbohydrates: 146.74g (48.91%), Net Carbohydrates: 142.83g (51.94%), Sugar: 113.25g (125.84%), Cholesterol: 119.82mg (39.94%), Sodium: 250.45mg (10.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.98g (25.95%), Vitamin B2: 0.77mg (45.16%), Calcium: 396.05mg (39.61%), Phosphorus: 334.52mg (33.45%), Vitamin A: 1184.05IU (23.68%), Vitamin C:

19.08mg (23.12%), Potassium: 776.64mg (22.19%), Vitamin B12: 1.19µg (19.91%), Vitamin B5: 1.79mg (17.93%), Fiber: 3.91g (15.63%), Vitamin B6: 0.29mg (14.64%), Zinc: 2.07mg (13.77%), Magnesium: 54.76mg (13.69%), Selenium: 7.42µg (10.6%), Vitamin B1: 0.15mg (10.16%), Manganese: 0.19mg (9.72%), Copper: 0.18mg (8.92%), Folate: 32.23µg (8.06%), Vitamin E: 0.98mg (6.52%), Vitamin D: 0.86µg (5.76%), Iron: 0.79mg (4.4%), Vitamin B3: 0.64mg (3.21%), Vitamin K: 1.32µg (1.25%)