



Black-Bottomed Cherry Shakes

 Gluten Free

READY IN



5 min.

SERVINGS



2

CALORIES



981 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 3 cups whipped cream
- ☐ 0.3 cup milk chocolate shavings dark
- ☐ 1 cups milk
- ☐ 0.5 cup topping hot
- ☐ 0.7 cup non-dairy whipped topping
- ☐ 2 cherries

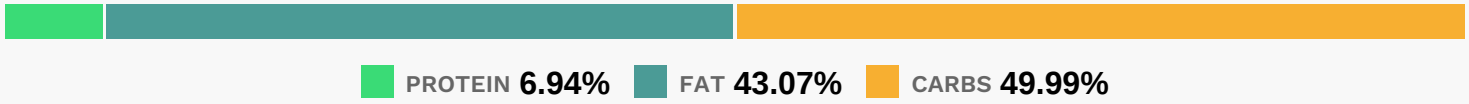
Equipment

- ☐ blender

Directions

- ☐ In blender, combine ice cream, chocolate shavings and milk; blend until smooth.
- ☐ Into each of 2 large drinking glasses, spoon 1/4 cup of the hot fudge topping.
- ☐ Add milkshake to each glass. Spoon whipped topping on top of each and top with a cherry.

Nutrition Facts



Properties

Glycemic Index:60.5, Glycemic Load:30.07, Inflammation Score:-7, Nutrition Score:21.22217388775%

Flavonoids

Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 981.33kcal (49.07%), Fat: 47.07g (72.41%), Saturated Fat: 28.08g (175.51%), Carbohydrates: 122.91g (40.97%), Net Carbohydrates: 116.86g (42.5%), Sugar: 92.07g (102.3%), Cholesterol: 104.79mg (34.93%), Sodium: 488.68mg (21.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 30.75mg (10.25%), Protein: 17.07g (34.14%), Phosphorus: 501.91mg (50.19%), Calcium: 477.87mg (47.79%), Vitamin B2: 0.75mg (44.26%), Manganese: 0.7mg (35.01%), Copper: 0.69mg (34.38%), Magnesium: 133.52mg (33.38%), Potassium: 1003.55mg (28.67%), Vitamin B12: 1.58µg (26.33%), Fiber: 6.05g (24.19%), Zinc: 3.31mg (22.08%), Vitamin A: 1071.15IU (21.42%), Vitamin E: 2.96mg (19.73%), Vitamin B5: 1.8mg (18.01%), Iron: 3.09mg (17.16%), Selenium: 10.71µg (15.31%), Vitamin B1: 0.19mg (12.8%), Vitamin D: 1.74µg (11.59%), Vitamin B6: 0.2mg (10.18%), Vitamin K: 5.96µg (5.67%), Vitamin B3: 0.83mg (4.16%), Folate: 14.01µg (3.5%), Vitamin C: 1.9mg (2.3%)