



## Bourbon Pecan Pie Milk Shake

READY IN



5 min.

SERVINGS



2

CALORIES



610 kcal

DESSERT

BEVERAGE

DRINK

### Ingredients

- 1 ounce bourbon
- 2 teaspoons blackstrap molasses
- 1 teaspoon honey
- 2 tablespoons pecans toasted
- 1 pinch salt
- 0.5 cup shortbread cookies crumbled
- 1 cup whipped cream
- 0.5 cup milk whole

# Equipment

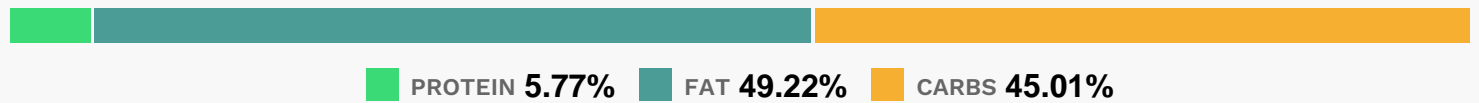
blender

# Directions

Watch how to make this recipe.

Combine the ice cream, milk, bourbon, cane syrup, honey, cookies, pecans and salt in a bar blender and process to make a shake.

# Nutrition Facts



# Properties

Glycemic Index:142.14, Glycemic Load:37.81, Inflammation Score:-5, Nutrition Score:12.836521516676%

# Flavonoids

Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg Delphinidin: 0.73mg, Delphinidin: 0.73mg, Delphinidin: 0.73mg, Delphinidin: 0.73mg Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg

# Nutrients (% of daily need)

Calories: 610.02kcal (30.5%), Fat: 31.92g (49.1%), Saturated Fat: 11.03g (68.91%), Carbohydrates: 65.66g (21.89%), Net Carbohydrates: 63.47g (23.08%), Sugar: 38.2g (42.45%), Cholesterol: 36.36mg (12.12%), Sodium: 307.02mg (13.35%), Alcohol: 4.73g (100%), Alcohol %: 2.72% (100%), Protein: 8.41g (16.83%), Manganese: 0.82mg (41.17%), Vitamin B2: 0.44mg (26.08%), Vitamin B1: 0.34mg (22.65%), Phosphorus: 200.52mg (20.05%), Calcium: 188.77mg (18.88%), Magnesium: 53.95mg (13.49%), Iron: 2.43mg (13.48%), Folate: 53.48µg (13.37%), Vitamin E: 1.81mg (12.08%), Potassium: 420.2mg (12.01%), Copper: 0.23mg (11.37%), Vitamin B3: 2.27mg (11.34%), Selenium: 7.67µg (10.95%), Zinc: 1.48mg (9.88%), Vitamin B12: 0.59µg (9.78%), Vitamin B5: 0.93mg (9.35%), Vitamin B6: 0.18mg (8.99%), Fiber: 2.2g (8.79%), Vitamin A: 433.15IU (8.66%), Vitamin K: 7.24µg (6.89%), Vitamin D: 0.8µg (5.35%)