



WHATSheATE



Bourbon Pecan Pie Milk Shakes

READY IN



10 min.

SERVINGS



2

CALORIES



322 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 tablespoons bourbon
- ☐ 3 tablespoons milk
- ☐ 0.1 slice pecans cold cut into chunks (from 9-inch pie)
- ☐ 2 cups whipped cream softened

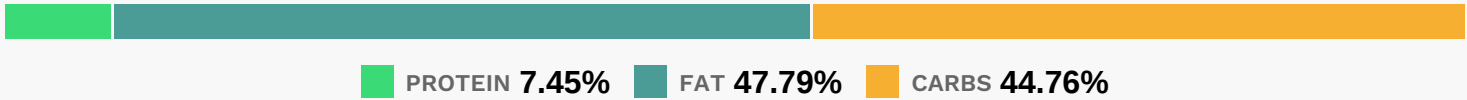
Equipment

- ☐ blender

Directions

- ☐ In blender, place ice cream, milk and brandy. Cover and blend on high speed until smooth and creamy.
- ☐ Add pie chunks; cover and blend until smooth, stopping blender to scrape down sides if necessary.
- ☐ Pour into 2 glasses; top with sweetened whipped cream and pecans.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:62, Glycemic Load:18.84, Inflammation Score:-4, Nutrition Score:5.973043439181%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg

Nutrients (% of daily need)

Calories: 321.82kcal (16.09%), Fat: 15.28g (23.52%), Saturated Fat: 9.39g (58.66%), Carbohydrates: 32.21g (10.74%), Net Carbohydrates: 31.28g (11.38%), Sugar: 29.07g (32.3%), Cholesterol: 60.78mg (20.26%), Sodium: 114.3mg (4.97%), Alcohol: 5.01g (100%), Alcohol %: 3.74% (100%), Protein: 5.36g (10.73%), Vitamin B2: 0.35mg (20.5%), Calcium: 196.68mg (19.67%), Phosphorus: 162.1mg (16.21%), Vitamin A: 592.21IU (11.84%), Vitamin B12: 0.64µg (10.61%), Vitamin B5: 0.85mg (8.51%), Potassium: 296.99mg (8.49%), Zinc: 1.01mg (6.75%), Magnesium: 21.26mg (5.31%), Vitamin B1: 0.07mg (4.54%), Selenium: 2.81µg (4.01%), Vitamin B6: 0.08mg (3.87%), Fiber: 0.93g (3.72%), Vitamin D: 0.51µg (3.41%), Vitamin E: 0.41mg (2.72%), Copper: 0.03mg (1.72%), Folate: 6.61µg (1.65%)