



Bourbon Pecan Pie Milkshakes

READY IN



10 min.

SERVINGS



2

CALORIES



333 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 cups whipped cream softened
- ☐ 3 tablespoons milk
- ☐ 2 tablespoons bourbon
- ☐ 0.1 slice pecans cold cut into chunks (from 9-inch pie)
- ☐ 1 serving garnish: whipped cream sweetened
- ☐ 1 halves pecans toasted chopped

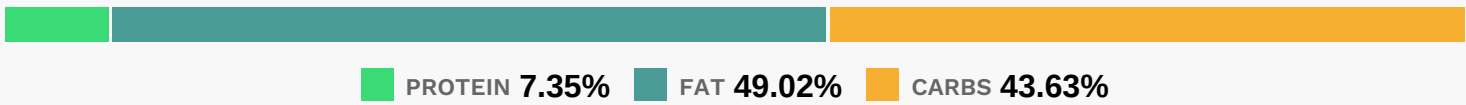
Equipment

- ☐ 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:94.5, Glycemic Load:19.05, Inflammation Score:-4, Nutrition Score:6.1852174193963%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg

Nutrients (% of daily need)

Calories: 332.99kcal (16.65%), Fat: 16.31g (25.09%), Saturated Fat: 9.83g (61.44%), Carbohydrates: 32.66g (10.89%), Net Carbohydrates: 31.68g (11.52%), Sugar: 29.33g (32.59%), Cholesterol: 63.06mg (21.02%), Sodium: 114.54mg (4.98%), Alcohol: 5.01g (100%), Alcohol %: 3.67% (100%), Protein: 5.51g (11.01%), Vitamin B2: 0.35mg (20.65%), Calcium: 200.06mg (20.01%), Phosphorus: 166.15mg (16.62%), Vitamin A: 613.03IU (12.26%), Vitamin B12: 0.64µg (10.75%), Potassium: 303.45mg (8.67%), Vitamin B5: 0.86mg (8.65%), Zinc: 1.05mg (6.97%), Magnesium: 22.19mg (5.55%), Vitamin B1: 0.07mg (4.83%), Selenium: 2.87µg (4.1%), Vitamin B6: 0.08mg (3.98%), Fiber: 0.98g (3.91%), Vitamin D: 0.52µg (3.49%), Vitamin E: 0.43mg (2.9%), Copper: 0.04mg (2.04%), Manganese: 0.04mg (1.98%), Folate: 6.81µg (1.7%)