



## Buttered Rum Milk Shakes

 Gluten Free

READY IN



5 min.

SERVINGS



5

CALORIES



179 kcal

BEVERAGE

DRINK

### Ingredients

- 1 tablespoon rum dark
- 3 cups butter pecan ice cream low-fat
- 2 cups ice cubes
- 0.5 cup skim milk

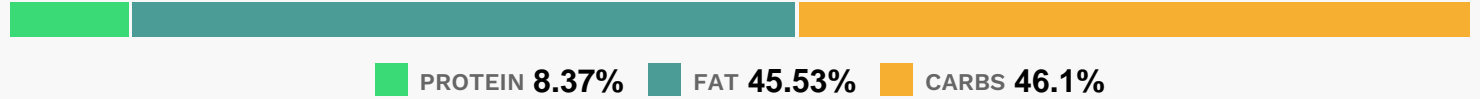
### Equipment

- blender

## Directions

- Combine ice cream, ice cubes, milk, and rum in container of an electric blender; cover and process until smooth.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:21.85, Glycemic Load:11.46, Inflammation Score:-3, Nutrition Score:4.0147825822882%

## Nutrients (% of daily need)

Calories: 179.2kcal (8.96%), Fat: 8.73g (13.43%), Saturated Fat: 5.39g (33.69%), Carbohydrates: 19.89g (6.63%), Net Carbohydrates: 19.33g (7.03%), Sugar: 18.03g (20.03%), Cholesterol: 35.58mg (11.86%), Sodium: 78.17mg (3.4%), Alcohol: 1g (100%), Alcohol %: 0.63% (100%), Protein: 3.61g (7.22%), Calcium: 136.56mg (13.66%), Vitamin B2: 0.22mg (13.08%), Phosphorus: 109.5mg (10.95%), Vitamin A: 383.41IU (7.67%), Vitamin B12: 0.45µg (7.52%), Potassium: 198.58mg (5.67%), Vitamin B5: 0.55mg (5.48%), Zinc: 0.67mg (4.45%), Magnesium: 14.97mg (3.74%), Vitamin B1: 0.05mg (3.09%), Vitamin D: 0.43µg (2.85%), Selenium: 1.92µg (2.74%), Vitamin B6: 0.05mg (2.61%), Fiber: 0.55g (2.22%), Copper: 0.03mg (1.72%), Vitamin E: 0.24mg (1.58%), Folate: 4.45µg (1.11%)