



Butterscotch-Sea Salt Shake

 Gluten Free

READY IN



10 min.

SERVINGS



3

CALORIES



999 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.8 cup firmly brown sugar light packed
- ☐ 0.5 cup butter
- ☐ 3 servings sea salt
- ☐ 0.5 cup heavy whipping cream
- ☐ 0.3 cup milk
- ☐ 2 teaspoons vanilla extract
- ☐ 4 cups whipped cream

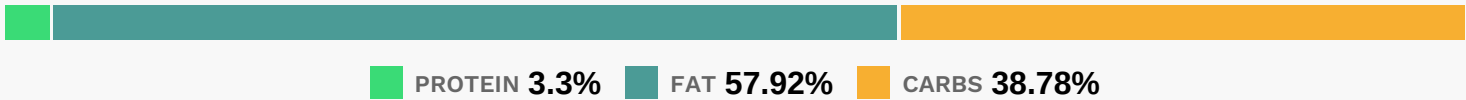
Equipment

- ☐ sauce pan
- ☐ blender

Directions

- ☐ Heat butter and sugar in a saucepan over medium heat; stir until melted. Stir in cream, and bring mixture just to a boil; remove from heat, and stir in vanilla extract.
- ☐ Let cool completely; refrigerate until cold and thickened.
- ☐ Combine ice cream, milk, and 3/4 cup caramel mixture in a blender; process until smooth.
- ☐ Pour half of remaining caramel mixture into glasses, coating sides. Top with ice-cream mixture; drizzle evenly with remaining caramel mixture.
- ☐ Sprinkle with a pinch of sea salt.

Nutrition Facts



Properties

Glycemic Index:49.67, Glycemic Load:24.96, Inflammation Score:-8, Nutrition Score:11.4399999927645%

Nutrients (% of daily need)

Calories: 999.33kcal (49.97%), Fat: 65.01g (100.02%), Saturated Fat: 40.9g (255.62%), Carbohydrates: 97.93g (32.64%), Net Carbohydrates: 96.7g (35.16%), Sugar: 93.16g (103.51%), Cholesterol: 206.04mg (68.68%), Sodium: 611.93mg (26.61%), Alcohol: 0.92g (100%), Alcohol %: 0.35% (100%), Protein: 8.34g (16.69%), Vitamin A: 2302.46IU (46.05%), Calcium: 331.61mg (33.16%), Vitamin B2: 0.54mg (31.79%), Phosphorus: 239.78mg (23.98%), Vitamin B12: 0.92µg (15.4%), Potassium: 504.64mg (14.42%), Vitamin B5: 1.31mg (13.15%), Vitamin E: 1.78mg (11.87%), Zinc: 1.45mg (9.65%), Magnesium: 35.89mg (8.97%), Selenium: 5.78µg (8.26%), Vitamin D: 1.21µg (8.07%), Vitamin B6: 0.14mg (6.76%), Vitamin B1: 0.09mg (6.24%), Fiber: 1.23g (4.93%), Vitamin K: 4.51µg (4.29%), Copper: 0.07mg (3.65%), Iron: 0.6mg (3.34%), Folate: 12.07µg (3.02%), Manganese: 0.06mg (2.86%), Vitamin B3: 0.34mg (1.69%), Vitamin C: 1.29mg (1.57%)