



Cakespy: Crumb Cake Shake

 Gluten Free

READY IN



2 min.

SERVINGS



1

CALORIES



563 kcal

Ingredients

- ☐ 0.3 cup cup heavy whipping cream
- ☐ 2 large scoops whipped cream (I used caramel butter pecan)
- ☐ 1 large slice round cake

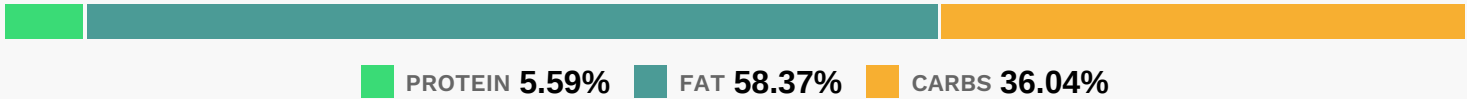
Equipment

- ☐ blender

Directions

- ☐
- Place crumb cake slice, ice cream, and heavy cream in blender. Blend on high until smooth, 10 to 20 seconds.
- ☐
- Add more cream or milk if thinner shake is desired; add more ice cream if you'd like a thicker shake.
- ☐
- Pour into tall glass to serve. If desired, garnish with an extra wedge of crumb cake on rim of glass.

Nutrition Facts



Properties

Glycemic Index:61, Glycemic Load:18.44, Inflammation Score:-7, Nutrition Score:9.5330434830292%

Nutrients (% of daily need)

Calories: 562.54kcal (28.13%), Fat: 36.81g (56.63%), Saturated Fat: 22.89g (143.05%), Carbohydrates: 51.14g (17.05%), Net Carbohydrates: 50.07g (18.21%), Sugar: 40.73g (45.26%), Cholesterol: 155.91mg (51.97%), Sodium: 308.57mg (13.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.93g (15.86%), Vitamin B2: 0.51mg (29.96%), Vitamin A: 1476.57IU (29.53%), Calcium: 229.23mg (22.92%), Phosphorus: 214.21mg (21.42%), Vitamin B12: 0.68µg (11.37%), Vitamin B5: 1.06mg (10.62%), Potassium: 348.9mg (9.97%), Selenium: 6.89µg (9.84%), Vitamin B1: 0.14mg (9.26%), Vitamin D: 1.28µg (8.51%), Zinc: 1.21mg (8.04%), Vitamin E: 1.02mg (6.77%), Magnesium: 25.94mg (6.49%), Folate: 23.08µg (5.77%), Iron: 0.99mg (5.52%), Vitamin B6: 0.1mg (4.99%), Fiber: 1.07g (4.3%), Vitamin B3: 0.77mg (3.85%), Manganese: 0.07mg (3.71%), Copper: 0.06mg (2.78%), Vitamin K: 2.36µg (2.25%), Vitamin C: 1.15mg (1.39%)