



Caramel-Latte Milk Shakes

 Gluten Free

READY IN



5 min.

SERVINGS



2

CALORIES



382 kcal

DESSERT

BEVERAGE

DRINK

Ingredients

- ☐ 3 tablespoons mrs richardson's butterscotch caramel sauce
- ☐ 2 cups coffee ice cream softened
- ☐ 0.3 cup milk
- ☐ 0.3 cup whipped cream

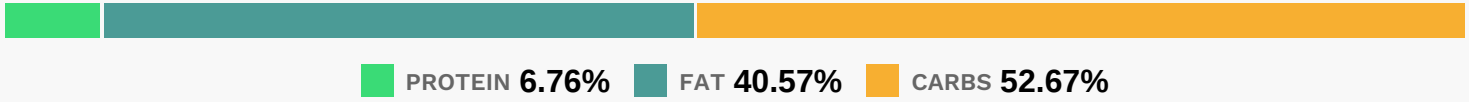
Equipment

- ☐ blender

Directions

- ☐
- Combine ice cream, milk and 2 Tbsp. caramel sauce in a blender and blend until smooth.
- ☐
- Pour into 2 glasses. Top each with whipped cream and drizzle with 1 Tbsp. caramel sauce.

Nutrition Facts



Properties

Glycemic Index:77, Glycemic Load:19.68, Inflammation Score:-4, Nutrition Score:7.0713042720504%

Nutrients (% of daily need)

Calories: 381.71kcal (19.09%), Fat: 17.49g (26.9%), Saturated Fat: 10.76g (67.23%), Carbohydrates: 51.09g (17.03%), Net Carbohydrates: 50.16g (18.24%), Sugar: 47.64g (52.93%), Cholesterol: 68.66mg (22.89%), Sodium: 223.95mg (9.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.56g (13.11%), Calcium: 241.26mg (24.13%), Vitamin B2: 0.38mg (22.22%), Phosphorus: 198.05mg (19.8%), Vitamin A: 699.97IU (14%), Vitamin B12: 0.81µg (13.5%), Potassium: 354.51mg (10.13%), Vitamin B5: 0.99mg (9.89%), Zinc: 1.11mg (7.37%), Magnesium: 25.68mg (6.42%), Vitamin B1: 0.08mg (5.31%), Selenium: 3.64µg (5.21%), Vitamin D: 0.74µg (4.94%), Vitamin B6: 0.09mg (4.56%), Fiber: 0.92g (3.7%), Vitamin E: 0.48mg (3.2%), Folate: 7.43µg (1.86%), Copper: 0.03mg (1.58%), Manganese: 0.03mg (1.36%), Vitamin C: 0.94mg (1.14%), Vitamin B3: 0.2mg (1.01%)