



Caramel-Sea Salt Milk Shake

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



230 kcal

DESSERT

BEVERAGE

DRINK

Ingredients

- ☐ 1.5 tablespoons butter
- ☐ 0.3 cup milk fat-free
- ☐ 3 cups whipped cream light
- ☐ 1 teaspoon sea salt
- ☐ 0.5 cup sugar

Equipment

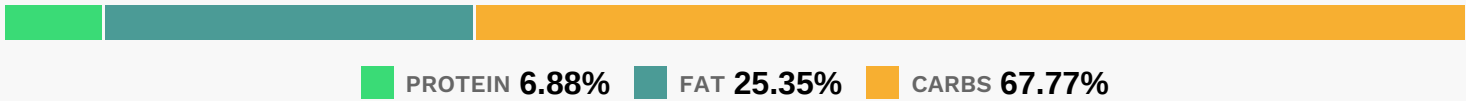
- ☐ frying pan
- ☐ sauce pan

☐ blender

Directions

- ☐ Place sugar in a 2-quart heavy saucepan. Cook over medium heat 3 to 4 minutes or until a deep amber color.
- ☐ Remove pan from heat; add milk, butter, and salt (mixture will bubble vigorously). Return pan to heat. Cook, stirring constantly, until blended and smooth.
- ☐ Remove from heat; cool 3 minutes (do not allow caramel to harden). Reserve 2 tablespoons caramel sauce.
- ☐ Place ice cream in a blender.
- ☐ Remove center piece of blender lid; secure blender lid on blender. With blender on, slowly pour caramel sauce into ice cream; process until smooth.
- ☐ Pour ice cream mixture into 6 tall glasses.
- ☐ Drizzle reserved caramel sauce over milk shakes.

Nutrition Facts



Properties

Glycemic Index:31.56, Glycemic Load:19.79, Inflammation Score:-3, Nutrition Score:3.6386956093104%

Nutrients (% of daily need)

Calories: 229.53kcal (11.48%), Fat: 6.57g (10.11%), Saturated Fat: 4.03g (25.19%), Carbohydrates: 39.52g (13.17%), Net Carbohydrates: 39.29g (14.29%), Sugar: 33.95g (37.72%), Cholesterol: 28.35mg (9.45%), Sodium: 470.68mg (20.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.01g (8.03%), Calcium: 137.08mg (13.71%), Vitamin B2: 0.21mg (12.44%), Phosphorus: 90.04mg (9%), Vitamin A: 448.77IU (8.98%), Vitamin B12: 0.42µg (7.04%), Potassium: 176.38mg (5.04%), Vitamin B5: 0.41mg (4.06%), Zinc: 0.61mg (4.04%), Vitamin B1: 0.05mg (3.08%), Magnesium: 11.94mg (2.99%), Selenium: 1.86µg (2.66%), Vitamin B6: 0.04mg (2.01%), Vitamin D: 0.19µg (1.26%), Folate: 4.87µg (1.22%), Vitamin E: 0.17mg (1.15%), Vitamin C: 0.91mg (1.11%)