



## Chocolate Almond Milkshakes

 Gluten Free

READY IN



3 min.

SERVINGS



4

CALORIES



622 kcal

BEVERAGE

DRINK

### Ingredients

- 1 pint ice-cream chocolate shell dark softened (recommended: Haagen Dazs Chocolate)
- 1 cup vanilla yogurt low-fat
- 0.5 cup peanut butter unsalted
- 2 ounce semi-sweet chocolate bar
- 1 teaspoon vanilla extract pure
- 1 cup milk whole

### Equipment

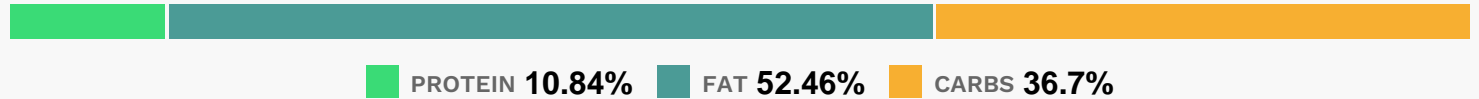
- blender

- peeler
- drinking straws

## Directions

- In a blender, combine the ice cream, milk, yogurt, almond butter, and vanilla. Blend until smooth.
- Pour into 4 glasses. Using a vegetable peeler, shave the chocolate and place on top of each milkshake.
- Place a straw in each glass and serve.
- Cook's Note: The chocolate can also be grated or finely chopped.

## Nutrition Facts



## Properties

Glycemic Index:22, Glycemic Load:17.05, Inflammation Score:-7, Nutrition Score:18.582608658334%

## Nutrients (% of daily need)

Calories: 621.98kcal (31.1%), Fat: 37.74g (58.06%), Saturated Fat: 16.12g (100.73%), Carbohydrates: 59.41g (19.8%), Net Carbohydrates: 55.24g (20.09%), Sugar: 50.15g (55.72%), Cholesterol: 51.45mg (17.15%), Sodium: 160.5mg (6.98%), Alcohol: 0.34g (100%), Alcohol %: 0.15% (100%), Caffeine: 15.74mg (5.25%), Protein: 17.54g (35.09%), Manganese: 0.83mg (41.67%), Phosphorus: 415.82mg (41.58%), Calcium: 333.41mg (33.34%), Magnesium: 130.67mg (32.67%), Vitamin B2: 0.51mg (29.8%), Copper: 0.48mg (24.1%), Vitamin B3: 4.74mg (23.72%), Vitamin E: 3.42mg (22.77%), Potassium: 782mg (22.34%), Zinc: 2.63mg (17.54%), Vitamin B12: 1.02µg (17.04%), Fiber: 4.17g (16.66%), Vitamin B5: 1.61mg (16.06%), Iron: 2.6mg (14.45%), Vitamin B6: 0.28mg (13.86%), Selenium: 9.63µg (13.76%), Folate: 53.72µg (13.43%), Vitamin A: 624.35IU (12.49%), Vitamin B1: 0.16mg (10.84%), Vitamin D: 0.91µg (6.05%), Vitamin K: 1.72µg (1.63%), Vitamin C: 1.32mg (1.6%)