



Chocolate Buzz Milkshake

 Gluten Free

READY IN



5 min.

SERVINGS



2

CALORIES



264 kcal

DESSERT

BEVERAGE

DRINK

Ingredients

- ☐ 0.8 cup ice-cream chocolate shell
- ☐ 2 tablespoons chocolate syrup
- ☐ 1 fluid ounce espresso coffee
- ☐ 5 cubes ice cubes
- ☐ 2 teaspoons chocolate mix hot instant
- ☐ 1 cup milk

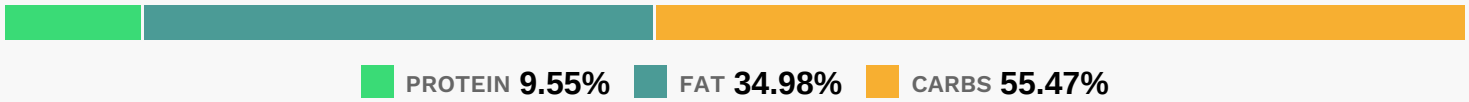
Equipment

- ☐ blender

Directions

- ☐ In a blender combine milk, ice cubes and espresso. Blend until smooth. Stop blender and scoop in the ice cream.
- ☐ Add the chocolate powder and a generous squeeze of chocolate syrup. Blend again until smooth.
- ☐ Pour into 2 tall glasses and serve immediately.

Nutrition Facts



Properties

Glycemic Index:44, Glycemic Load:8.85, Inflammation Score:-4, Nutrition Score:7.6252173172391%

Flavonoids

Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg
Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Myricetin: 0.01mg, Myricetin:
0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin:
0.01mg

Nutrients (% of daily need)

Calories: 264.07kcal (13.2%), Fat: 10.63g (16.35%), Saturated Fat: 6.44g (40.25%), Carbohydrates: 37.93g (12.64%),
Net Carbohydrates: 36.53g (13.28%), Sugar: 32.57g (36.19%), Cholesterol: 31.47mg (10.49%), Sodium: 159.93mg
(6.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 8.6mg (2.87%), Protein: 6.53g (13.06%), Calcium:
215.16mg (21.52%), Phosphorus: 202.43mg (20.24%), Vitamin B2: 0.29mg (16.8%), Vitamin B12: 0.8µg (13.37%),
Magnesium: 42.79mg (10.7%), Potassium: 358.3mg (10.24%), Vitamin D: 1.44µg (9.61%), Copper: 0.18mg (8.82%),
Vitamin A: 404.33IU (8.09%), Manganese: 0.15mg (7.7%), Vitamin B5: 0.77mg (7.69%), Zinc: 0.94mg (6.27%),
Vitamin B1: 0.09mg (6.2%), Iron: 1.01mg (5.61%), Fiber: 1.39g (5.58%), Selenium: 3.84µg (5.48%), Vitamin B6: 0.1mg
(5.15%), Folate: 8.62µg (2.15%), Vitamin B3: 0.33mg (1.66%), Vitamin E: 0.22mg (1.43%)