



## Chocolate Chip Cookie Milkshake

READY IN



10 min.

SERVINGS



10

CALORIES



139 kcal

BEVERAGE

DRINK

### Ingredients

- 8 chocolate chip cookie mix crushed (2 inch)
- 3.4 oz jell-o vanilla flavor pudding instant
- 4 cups milk

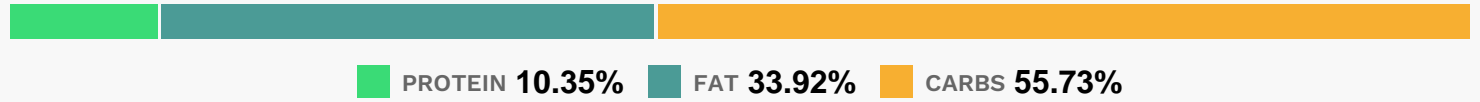
### Equipment

### Directions

- Place all ingredients in large pitcher with tight-fitting lid; cover. Shake vigorously 1 min. or until blended.

- Pour evenly into 4 glasses.
- Serve immediately. (
- Mixture thickens as it stands. Thin with additional milk, if desired.)

## Nutrition Facts



## Properties

Glycemic Index:8.67, Glycemic Load:4.51, Inflammation Score:-2, Nutrition Score:3.5817391567904%

## Nutrients (% of daily need)

Calories: 139.36kcal (6.97%), Fat: 5.28g (8.13%), Saturated Fat: 2.67g (16.68%), Carbohydrates: 19.53g (6.51%), Net Carbohydrates: 19.22g (6.99%), Sugar: 15.19g (16.88%), Cholesterol: 12.42mg (4.14%), Sodium: 129.89mg (5.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.63g (7.25%), Calcium: 120.53mg (12.05%), Phosphorus: 103.08mg (10.31%), Vitamin B2: 0.15mg (8.93%), Vitamin B12: 0.53µg (8.78%), Vitamin D: 1.07µg (7.16%), Vitamin B1: 0.08mg (5.58%), Potassium: 164.34mg (4.7%), Magnesium: 14.62mg (3.65%), Vitamin B5: 0.36mg (3.64%), Vitamin A: 158.11IU (3.16%), Vitamin B6: 0.06mg (2.98%), Zinc: 0.45mg (2.97%), Selenium: 1.94µg (2.77%), Folate: 5.9µg (1.47%), Vitamin B3: 0.28mg (1.39%), Fiber: 0.3g (1.22%)