



Chocolate-Hazelnut Milk Shake

 Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



263 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 ounce bittersweet chocolate grated
- ☐ 1.5 tablespoons nutella
- ☐ 15 hazelnuts toasted
- ☐ 0.5 cup milk 1% low-fat
- ☐ 3 cups vanilla ice cream light

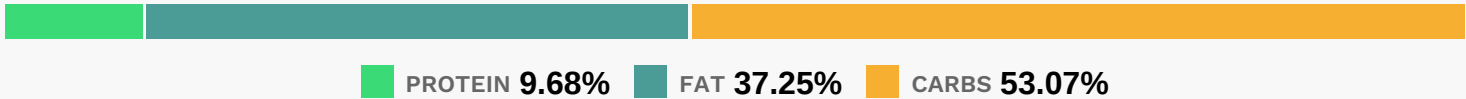
Equipment

- ☐ blender

Directions

- ☐ Place first 4 ingredients in a blender; process until smooth.
- ☐ Pour into 5 glasses.
- ☐ Garnish each serving with 3 hazelnuts.

Nutrition Facts



Properties

Glycemic Index:16.07, Glycemic Load:10.56, Inflammation Score:-4, Nutrition Score:7.516086930814%

Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg

Nutrients (% of daily need)

Calories: 263.43kcal (13.17%), Fat: 11g (16.93%), Saturated Fat: 5.82g (36.37%), Carbohydrates: 35.27g (11.76%), Net Carbohydrates: 33.83g (12.3%), Sugar: 26.59g (29.54%), Cholesterol: 26.14mg (8.71%), Sodium: 79.53mg (3.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 5.26mg (1.75%), Protein: 6.43g (12.87%), Manganese: 0.39mg (19.4%), Calcium: 190.87mg (19.09%), Vitamin B2: 0.28mg (16.62%), Phosphorus: 153.6mg (15.36%), Vitamin B12: 0.6µg (9.96%), Copper: 0.18mg (9.24%), Vitamin A: 458.67IU (9.17%), Magnesium: 35.98mg (8.99%), Potassium: 310.52mg (8.87%), Zinc: 1.08mg (7.19%), Vitamin E: 1.05mg (7.02%), Vitamin B1: 0.1mg (6.36%), Vitamin B5: 0.6mg (5.99%), Fiber: 1.43g (5.74%), Iron: 0.97mg (5.4%), Selenium: 3.1µg (4.42%), Vitamin B6: 0.09mg (4.27%), Folate: 11.47µg (2.87%), Vitamin D: 0.35µg (2.34%), Vitamin C: 1.36mg (1.65%), Vitamin B3: 0.3mg (1.49%), Vitamin K: 1.5µg (1.43%)