



Chocolate Malt Shake

READY IN



5 min.

SERVINGS



3

CALORIES



260 kcal

DESSERT

BEVERAGE

DRINK

Ingredients

- ☐ 2 tablespoons double chocolate sundae syrup fat-free
- ☐ 2 cups ice-cream chocolate shell low-fat
- ☐ 0.3 cup milk 2% reduced-fat
- ☐ 3 tablespoons liquid malt extract

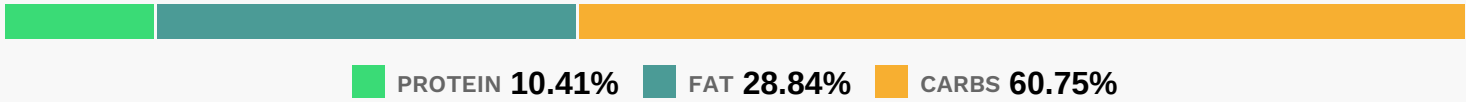
Equipment

- ☐ blender

Directions

- ☐
- Place all ingredients in a blender; process until smooth.
- ☐
- Pour into 3 glasses.

Nutrition Facts



Properties

Glycemic Index:7, Glycemic Load:5.3, Inflammation Score:-4, Nutrition Score:5.906956491263%

Nutrients (% of daily need)

Calories: 260.07kcal (13%), Fat: 8.35g (12.85%), Saturated Fat: 5.02g (31.35%), Carbohydrates: 39.58g (13.19%), Net Carbohydrates: 38.42g (13.97%), Sugar: 35.26g (39.18%), Cholesterol: 31.27mg (10.42%), Sodium: 113.07mg (4.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.78g (13.56%), Calcium: 202.98mg (20.3%), Phosphorus: 139.09mg (13.91%), Vitamin B2: 0.22mg (13.2%), Vitamin A: 463.05IU (9.26%), Copper: 0.18mg (9.24%), Magnesium: 36.21mg (9.05%), Manganese: 0.17mg (8.45%), Potassium: 271.36mg (7.75%), Iron: 1.02mg (5.68%), Selenium: 3.81µg (5.44%), Vitamin B12: 0.29µg (4.84%), Fiber: 1.16g (4.65%), Zinc: 0.68mg (4.55%), Vitamin B1: 0.06mg (4%), Vitamin B5: 0.36mg (3.55%), Vitamin B6: 0.05mg (2.71%), Vitamin B3: 0.48mg (2.39%), Folate: 7.83µg (1.96%), Vitamin C: 1.44mg (1.75%), Vitamin E: 0.23mg (1.54%)