



Chocolate Milk Shake

 Gluten Free

READY IN



5 min.

SERVINGS



5

CALORIES



333 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.3 cup fudge sauce hot
- ☐ 1.5 cups milk
- ☐ 4 cups whipped cream

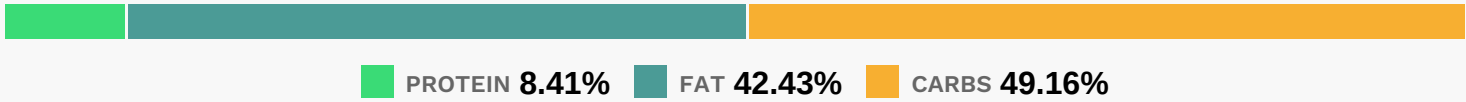
Equipment

- ☐ blender

Directions

- ☐
- Process all ingredients in a blender until smooth.
- ☐
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:19.8, Glycemic Load:16.05, Inflammation Score:-4, Nutrition Score:7.6973913363788%

Nutrients (% of daily need)

Calories: 333.45kcal (16.67%), Fat: 15.76g (24.25%), Saturated Fat: 9.34g (58.36%), Carbohydrates: 41.09g (13.7%), Net Carbohydrates: 39.78g (14.47%), Sugar: 32.96g (36.62%), Cholesterol: 55.45mg (18.48%), Sodium: 182.42mg (7.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.03g (14.06%), Calcium: 235.13mg (23.51%), Vitamin B2: 0.37mg (21.94%), Phosphorus: 204.47mg (20.45%), Vitamin B12: 0.82µg (13.65%), Vitamin A: 563.57IU (11.27%), Potassium: 377.5mg (10.79%), Vitamin B5: 0.91mg (9.11%), Magnesium: 33.3mg (8.32%), Zinc: 1.2mg (7.98%), Vitamin D: 1.02µg (6.78%), Vitamin B1: 0.09mg (6.08%), Vitamin E: 0.89mg (5.91%), Selenium: 3.76µg (5.37%), Fiber: 1.31g (5.23%), Vitamin B6: 0.1mg (4.97%), Copper: 0.1mg (4.78%), Manganese: 0.09mg (4.33%), Iron: 0.36mg (1.99%), Folate: 6.09µg (1.52%), Vitamin B3: 0.25mg (1.25%)