



Chocolate Mint Milkshake

 Gluten Free

READY IN



5 min.

SERVINGS



2

CALORIES



396 kcal

DESSERT

BEVERAGE

DRINK

Ingredients

- 0.3 cup chocolate syrup
- 0.3 cup milk
- 1 drop peppermint extract
- 4 scoops whipped cream

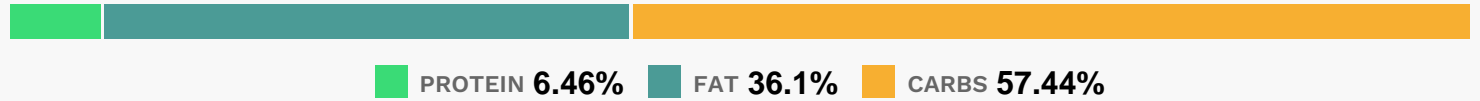
Equipment

- blender

Directions

- In a blender, combine ice cream, milk, chocolate syrup and peppermint extract. Blend until smooth.
- Pour into glasses and serve.

Nutrition Facts



Properties

Glycemic Index:49.5, Glycemic Load:18.98, Inflammation Score:-5, Nutrition Score:8.1121738889943%

Nutrients (% of daily need)

Calories: 396.31kcal (19.82%), Fat: 15.92g (24.49%), Saturated Fat: 9.72g (60.78%), Carbohydrates: 57g (19%), Net Carbohydrates: 55.1g (20.03%), Sugar: 48.08g (53.42%), Cholesterol: 61.74mg (20.58%), Sodium: 144.19mg (6.27%), Alcohol: 0.02g (100%), Alcohol %: 0.01% (100%), Protein: 6.41g (12.82%), Vitamin B2: 0.38mg (22.22%), Phosphorus: 217.78mg (21.78%), Calcium: 211.73mg (21.17%), Vitamin A: 605.13IU (12.1%), Magnesium: 46.52mg (11.63%), Vitamin B12: 0.68µg (11.32%), Potassium: 392.5mg (11.21%), Copper: 0.22mg (11.14%), Vitamin B5: 0.89mg (8.86%), Zinc: 1.31mg (8.73%), Manganese: 0.16mg (7.76%), Fiber: 1.9g (7.6%), Iron: 0.91mg (5.06%), Vitamin B1: 0.07mg (4.97%), Selenium: 3.48µg (4.97%), Vitamin B6: 0.08mg (4.21%), Vitamin D: 0.6µg (4%), Vitamin E: 0.42mg (2.79%), Folate: 7.35µg (1.84%), Vitamin B3: 0.31mg (1.53%), Vitamin C: 0.87mg (1.05%)