



Chocolate Mud Milk Shake

READY IN



5 min.

SERVINGS



5

CALORIES



51 kcal

BEVERAGE

DRINK

Ingredients

- 1 cup milk fat-free
- 1 jell-o gelatin snack red with a fork flaked
- 2 Tbsp jell-o chocolate flavor pudding instant
- 1 oreo cookie crushed

Equipment

Directions

- Stir pudding mix and milk in tall glass 2 min.

Add gelatin and cookie crumbs; mix well.

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:6.65, Glycemic Load:0.8, Inflammation Score:-1, Nutrition Score:2.2204347784105%

Nutrients (% of daily need)

Calories: 50.81kcal (2.54%), Fat: 0.61g (0.94%), Saturated Fat: 0.21g (1.3%), Carbohydrates: 9.3g (3.1%), Net Carbohydrates: 9.01g (3.28%), Sugar: 7.46g (8.29%), Cholesterol: 1.47mg (0.49%), Sodium: 114.28mg (4.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.11g (4.23%), Calcium: 66mg (6.6%), Phosphorus: 59mg (5.9%), Vitamin B12: 0.28µg (4.74%), Vitamin B2: 0.07mg (4.33%), Vitamin D: 0.54µg (3.59%), Potassium: 101.43mg (2.9%), Magnesium: 9.71mg (2.43%), Vitamin B1: 0.03mg (2.19%), Iron: 0.37mg (2.05%), Vitamin A: 100.01IU (2%), Manganese: 0.04mg (1.98%), Selenium: 1.33µg (1.9%), Vitamin B5: 0.18mg (1.84%), Zinc: 0.28mg (1.83%), Copper: 0.03mg (1.71%), Vitamin B6: 0.03mg (1.48%), Fiber: 0.28g (1.13%)