



Chocolate Peanut Butter Milkshake

 Gluten Free

READY IN



4 min.

SERVINGS



4

CALORIES



447 kcal

DESSERT

BEVERAGE

DRINK

Ingredients

- ☐ 0.3 cup chocolate syrup
- ☐ 1 cup creamy peanut butter
- ☐ 12 cubes ice cubes
- ☐ 0.3 cup milk

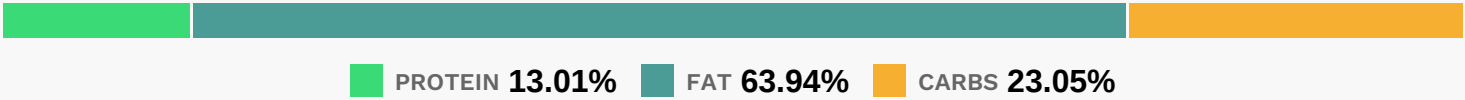
Equipment

- ☐ blender

Directions

- ☐ In a blender, combine peanut butter, chocolate syrup, milk and ice cubes. Blend until smooth.
- ☐ Pour into glasses and serve.

Nutrition Facts



Properties

Glycemic Index:13, Glycemic Load:1.85, Inflammation Score:-6, Nutrition Score:13.968260873433%

Nutrients (% of daily need)

Calories: 446.53kcal (22.33%), Fat: 33.66g (51.78%), Saturated Fat: 6.9g (43.1%), Carbohydrates: 27.3g (9.1%), Net Carbohydrates: 23.72g (8.62%), Sugar: 16.82g (18.68%), Cholesterol: 1.83mg (0.61%), Sodium: 298.1mg (12.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.41g (30.81%), Manganese: 1.02mg (50.89%), Vitamin B3: 8.65mg (43.27%), Vitamin E: 5.89mg (39.25%), Magnesium: 123.44mg (30.86%), Phosphorus: 258.24mg (25.82%), Copper: 0.37mg (18.69%), Vitamin B6: 0.3mg (14.84%), Fiber: 3.58g (14.33%), Folate: 55.85µg (13.96%), Zinc: 1.84mg (12.28%), Potassium: 428.65mg (12.25%), Vitamin B2: 0.15mg (9.04%), Iron: 1.51mg (8.4%), Vitamin B5: 0.74mg (7.43%), Vitamin B1: 0.1mg (6.62%), Calcium: 54.25mg (5.42%), Selenium: 3.2µg (4.57%), Vitamin B12: 0.08µg (1.37%), Vitamin D: 0.17µg (1.12%)