



Chocolate Peppermint Shake

 Gluten Free

READY IN



5 min.

SERVINGS



4

CALORIES



281 kcal

BEVERAGE

DRINK

Ingredients

- 4 servings ice cubes
- 1 pkg jell-o chocolate flavor pudding instant (4-serving size)
- 2 cups milk
- 4 small chocolate-covered mint patties
- 1 cup cool whip whipped topping frozen

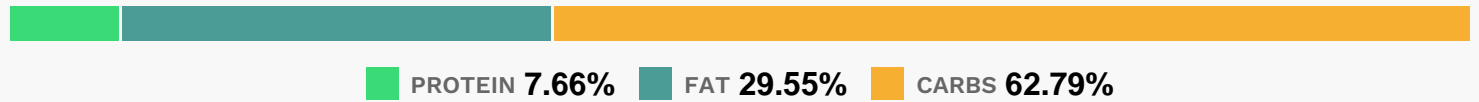
Equipment

- blender
- measuring cup

Directions

- Pour milk into large glass measuring cup.
- Add enough ice to measure 3 cups.
- Pour into blender.
- Add remaining ingredients; cover.
- Blend on high speed until smooth.
- Pour into glasses.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:2.16, Inflammation Score:-2, Nutrition Score:4.6991303582554%

Nutrients (% of daily need)

Calories: 281.27kcal (14.06%), Fat: 9.45g (14.54%), Saturated Fat: 6.26g (39.1%), Carbohydrates: 45.17g (15.06%), Net Carbohydrates: 44.3g (16.11%), Sugar: 37.89g (42.1%), Cholesterol: 15.44mg (5.15%), Sodium: 78.27mg (3.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.51g (11.02%), Calcium: 169.81mg (16.98%), Phosphorus: 137.27mg (13.73%), Vitamin B12: 0.7µg (11.61%), Vitamin B2: 0.19mg (10.9%), Vitamin D: 1.34µg (8.95%), Potassium: 250.26mg (7.15%), Vitamin B1: 0.07mg (4.81%), Vitamin B5: 0.46mg (4.55%), Vitamin A: 214.52IU (4.29%), Magnesium: 16.63mg (4.16%), Selenium: 2.77µg (3.96%), Vitamin B6: 0.08mg (3.91%), Zinc: 0.53mg (3.51%), Fiber: 0.87g (3.48%), Iron: 0.42mg (2.32%), Vitamin E: 0.15mg (1.03%)