



Cinnamon Toast Crunch™ Milkshake MashUp

READY IN



10 min.

SERVINGS



2

CALORIES



376 kcal

BEVERAGE

DRINK

Ingredients



2 cups whipped cream



0.5 cup milk



1 cup buttered toast

Equipment



blender

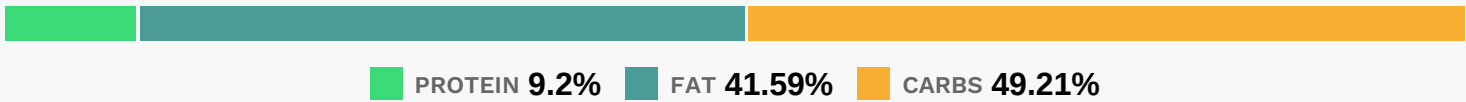
Directions



In blender, place ice cream and milk. Cover; blend on high speed until smooth and creamy.

- ☐ Add cereal; blend about 5 seconds or just until cereal is slightly crushed.
- ☐ Pour into 2 glasses. If desired, top each serving with additional cereal.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:49.5, Glycemic Load:19.52, Inflammation Score:-5, Nutrition Score:9.551739088867%

Nutrients (% of daily need)

Calories: 375.77kcal (18.79%), Fat: 17.37g (26.73%), Saturated Fat: 10.23g (63.92%), Carbohydrates: 46.24g (15.41%), Net Carbohydrates: 44.75g (16.27%), Sugar: 31.98g (35.54%), Cholesterol: 65.63mg (21.88%), Sodium: 261.98mg (11.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.65g (17.29%), Vitamin B2: 0.48mg (28.05%), Calcium: 270.77mg (27.08%), Phosphorus: 223.38mg (22.34%), Selenium: 10.51µg (15.01%), Vitamin B12: 0.85µg (14.14%), Vitamin A: 654.54IU (13.09%), Vitamin B1: 0.18mg (12.11%), Potassium: 383.65mg (10.96%), Vitamin B5: 1.06mg (10.57%), Zinc: 1.31mg (8.76%), Magnesium: 31.65mg (7.91%), Folate: 30µg (7.5%), Vitamin D: 0.94µg (6.23%), Fiber: 1.49g (5.95%), Vitamin B6: 0.11mg (5.74%), Vitamin B3: 1.1mg (5.5%), Manganese: 0.11mg (5.39%), Iron: 0.87mg (4.82%), Vitamin E: 0.48mg (3.2%), Copper: 0.06mg (3.1%), Vitamin K: 1.34µg (1.28%)