



Cookies-and-Cream Milk Shakes

READY IN



5 min.

SERVINGS



2

CALORIES



431 kcal

BEVERAGE

DRINK

Ingredients

- 5 crème-filled chocolate sandwich cookies
- 0.3 cup milk
- 2 cups whipped cream softened

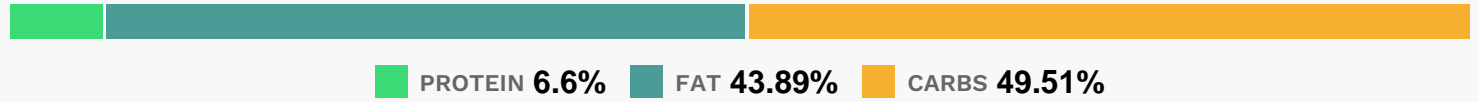
Equipment

- blender
- rolling pin

Directions

- Place 3 cookies in a ziplock bag. Seal bag and crush cookies with a rolling pin. In a blender, combine ice cream and milk. Blend until smooth.
- Add crushed cookies and pulse a few times just to blend.
- Pour into 2 tall glasses and garnish each with a cookie (or a dollop of whipped cream drizzled with chocolate syrup, if desired).

Nutrition Facts



Properties

Glycemic Index:49.5, Glycemic Load:18.98, Inflammation Score:-5, Nutrition Score:9.7652173223703%

Nutrients (% of daily need)

Calories: 430.74kcal (21.54%), Fat: 21.23g (32.66%), Saturated Fat: 11.23g (70.16%), Carbohydrates: 53.88g (17.96%), Net Carbohydrates: 52.08g (18.94%), Sugar: 41.66g (46.29%), Cholesterol: 61.74mg (20.58%), Sodium: 233.59mg (10.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.18g (14.37%), Vitamin B2: 0.43mg (25.31%), Calcium: 212.77mg (21.28%), Iron: 3.75mg (20.83%), Phosphorus: 197.3mg (19.73%), Vitamin A: 605.73IU (12.11%), Vitamin B12: 0.68µg (11.32%), Potassium: 378.63mg (10.82%), Manganese: 0.22mg (10.76%), Vitamin B5: 0.97mg (9.71%), Magnesium: 36.24mg (9.06%), Vitamin B1: 0.13mg (8.69%), Zinc: 1.26mg (8.39%), Vitamin K: 8.71µg (8.29%), Vitamin E: 1.15mg (7.68%), Fiber: 1.79g (7.18%), Copper: 0.13mg (6.54%), Selenium: 4.52µg (6.45%), Folate: 24.9µg (6.22%), Vitamin B3: 0.97mg (4.83%), Vitamin B6: 0.09mg (4.44%), Vitamin D: 0.6µg (4%)