

Delicious Chocolate Shake

READY IN



10 min.

SERVINGS



1

CALORIES



479 kcal

BEVERAGE

DRINK

Ingredients

- 2 scoops ice-cream chocolate shell
- 2 tablespoons liquid malt extract
- 1 cup milk

Equipment

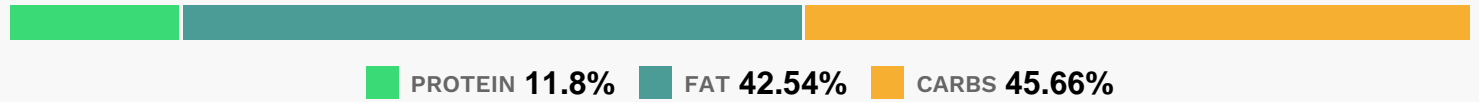
- blender

Directions

- In a blender, combine ice cream, drink mix powder and milk. Blend until smooth.

Pour into glasses and serve.

Nutrition Facts



Properties

Glycemic Index:88, Glycemic Load:22.15, Inflammation Score:-7, Nutrition Score:16.041304261788%

Nutrients (% of daily need)

Calories: 478.6kcal (23.93%), Fat: 23.38g (35.96%), Saturated Fat: 14.04g (87.74%), Carbohydrates: 56.45g (18.82%), Net Carbohydrates: 54.86g (19.95%), Sugar: 50.5g (56.11%), Cholesterol: 76.8mg (25.6%), Sodium: 237.59mg (10.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.96mg (1.32%), Protein: 14.59g (29.18%), Calcium: 476.78mg (47.68%), Phosphorus: 427.06mg (42.71%), Vitamin B2: 0.69mg (40.82%), Vitamin B12: 1.79µg (29.81%), Potassium: 778.06mg (22.23%), Vitamin D: 2.95µg (19.65%), Magnesium: 77.79mg (19.45%), Vitamin A: 969.04IU (19.38%), Vitamin B5: 1.71mg (17.1%), Vitamin B1: 0.25mg (16.51%), Selenium: 9.74µg (13.91%), Vitamin B6: 0.27mg (13.33%), Zinc: 1.87mg (12.5%), Manganese: 0.22mg (11.03%), Copper: 0.2mg (10.13%), Iron: 1.3mg (7.25%), Folate: 26.18µg (6.55%), Fiber: 1.6g (6.38%), Vitamin B3: 1.13mg (5.66%), Vitamin E: 0.56mg (3.72%), Vitamin K: 1.72µg (1.64%), Vitamin C: 1.24mg (1.51%)