

Dulce de Leche Shakes

 Gluten Free

READY IN



10 min.

SERVINGS



2

CALORIES



492 kcal

BEVERAGE

DRINK

Ingredients

- 2 cups whipped cream softened
- 0.3 cup condensed milk sweetened (caramelized condensed milk from 13.4 oz can)
- 2 tablespoons milk
- 0.1 piece round cake white cooled cut into chunks (from 13x9-inch pan)**
- 1 serving garnish: whipped cream sweetened
- 1 serving mrs richardson's butterscotch caramel sauce

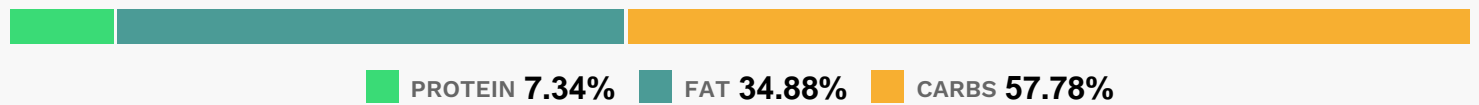
Equipment

- blender

Directions

- In blender, place ice cream, dulce de leche and milk. Cover and blend on high speed until smooth and creamy.
- Add cake chunks; cover and blend until smooth, stopping blender to scrape down sides if necessary.
- Pour into 2 glasses; top with sweetened whipped cream and drizzle with caramel.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:107.5, Glycemic Load:31.6, Inflammation Score:-5, Nutrition Score:9.4956521365954%

Nutrients (% of daily need)

Calories: 492.18kcal (24.61%), Fat: 19.33g (29.74%), Saturated Fat: 11.86g (74.11%), Carbohydrates: 72.06g (24.02%), Net Carbohydrates: 71.07g (25.84%), Sugar: 65.74g (73.05%), Cholesterol: 87.92mg (29.31%), Sodium: 306.19mg (13.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.15g (18.3%), Calcium: 317.62mg (31.76%), Vitamin B2: 0.53mg (31.31%), Phosphorus: 278.12mg (27.81%), Vitamin A: 739.95IU (14.8%), Vitamin B12: 0.84µg (13.98%), Selenium: 9.76µg (13.94%), Potassium: 457.07mg (13.06%), Vitamin B5: 1.21mg (12.1%), Zinc: 1.41mg (9.38%), Vitamin B1: 0.13mg (8.56%), Magnesium: 32.93mg (8.23%), Vitamin B6: 0.1mg (4.99%), Folate: 17.17µg (4.29%), Fiber: 0.99g (3.95%), Vitamin D: 0.54µg (3.62%), Vitamin E: 0.52mg (3.49%), Iron: 0.53mg (2.96%), Manganese: 0.05mg (2.49%), Vitamin B3: 0.49mg (2.46%), Vitamin C: 1.89mg (2.29%), Copper: 0.04mg (2.21%)