



Easy Hot Choco-Mallow Milk Shake

 Gluten Free

READY IN



5 min.

SERVINGS



1

CALORIES



318 kcal

BEVERAGE

DRINK

Ingredients

- 2 Tbsp jell-o chocolate flavor pudding instant
- 0.3 cup funmallows marshmallows jet-puffed
- 1 cup milk

Equipment

- microwave

Directions

- Microwave milk in microwaveable mug on HIGH 1-1/2 min. or until hot.
- Add pudding mix; stir 2 min. or until pudding mix is completely dissolved. Stir in marshmallows.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:98.5, Glycemic Load:13.54, Inflammation Score:-4, Nutrition Score:9.3169564514056%

Nutrients (% of daily need)

Calories: 317.76kcal (15.89%), Fat: 8.41g (12.93%), Saturated Fat: 4.79g (29.95%), Carbohydrates: 52.62g (17.54%), Net Carbohydrates: 51.54g (18.74%), Sugar: 42.6g (47.33%), Cholesterol: 29.28mg (9.76%), Sodium: 530.13mg (23.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.02g (18.04%), Calcium: 304.23mg (30.42%), Phosphorus: 269.22mg (26.92%), Vitamin B12: 1.32µg (21.96%), Vitamin B2: 0.35mg (20.77%), Vitamin D: 2.68µg (17.89%), Potassium: 436.7mg (12.48%), Magnesium: 42.96mg (10.74%), Vitamin B1: 0.14mg (9.32%), Vitamin B5: 0.92mg (9.18%), Selenium: 5.69µg (8.13%), Zinc: 1.19mg (7.94%), Vitamin A: 395.28IU (7.91%), Vitamin B6: 0.15mg (7.65%), Copper: 0.13mg (6.26%), Manganese: 0.12mg (5.99%), Fiber: 1.08g (4.33%), Iron: 0.42mg (2.36%), Vitamin B3: 0.34mg (1.7%), Vitamin K: 1.18µg (1.12%)