



## Elvis Milk Shakes

 Gluten Free

READY IN



10 min.

SERVINGS



2

CALORIES



766 kcal

BEVERAGE

DRINK

### Ingredients

- 1 banana sliced
- 0.8 cup milk
- 0.5 cup smooth peanut butter
- 2 cups whipped cream softened

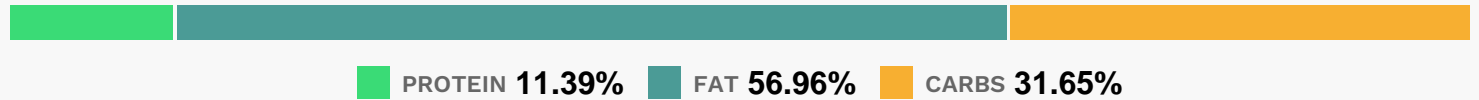
### Equipment

- bowl
- blender

## Directions

- In a bowl, beat peanut butter and 1/4 cup milk until smooth. In a blender, blend ice cream, remaining milk and banana (reserving 2 slices) until smooth. Beat in peanut butter mixture until just combined.
- Pour into 2 glasses and garnish each with banana slice.

## Nutrition Facts



## Properties

Glycemic Index:83.89, Glycemic Load:28.17, Inflammation Score:-8, Nutrition Score:23.247391042502%

## Flavonoids

Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 765.72kcal (38.29%), Fat: 50.6g (77.85%), Saturated Fat: 17.25g (107.78%), Carbohydrates: 63.26g (21.09%), Net Carbohydrates: 57.71g (20.98%), Sugar: 46.36g (51.51%), Cholesterol: 69.06mg (23.02%), Sodium: 417.67mg (18.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.78g (45.55%), Manganese: 1.12mg (55.95%), Phosphorus: 462.65mg (46.26%), Vitamin B3: 9.22mg (46.1%), Vitamin E: 6.38mg (42.51%), Magnesium: 154.4mg (38.6%), Vitamin B2: 0.61mg (35.84%), Calcium: 316.06mg (31.61%), Vitamin B6: 0.62mg (31.1%), Potassium: 974.93mg (27.86%), Fiber: 5.55g (22.22%), Zinc: 3.01mg (20.08%), Vitamin B5: 1.99mg (19.89%), Folate: 73.87µg (18.47%), Copper: 0.35mg (17.41%), Vitamin B12: 1.01µg (16.82%), Vitamin A: 741.71IU (14.83%), Vitamin B1: 0.21mg (14.18%), Selenium: 7.35µg (10.5%), Vitamin D: 1.27µg (8.47%), Iron: 1.39mg (7.71%), Vitamin C: 5.93mg (7.18%), Vitamin K: 1.16µg (1.1%)