



# Chocolate Cheesecake Milkshake

 **Gluten Free**

READY IN



**10 min.**

SERVINGS



**4**

CALORIES



**485 kcal**

BEVERAGE

DRINK

## Ingredients

- 6 scoops ice-cream chocolate shell
- 8 ounce cream cheese
- 2 cups milk

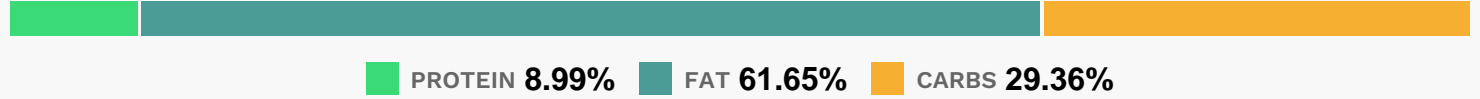
## Equipment

- blender

## Directions

- Place the cream cheese and 1 cup milk in a blender, and blend until smooth.
- Place the remaining milk and ice cream in the blender, and continue to blend until smooth.
- Serve cold.

## Nutrition Facts



### Properties

Glycemic Index:28.75, Glycemic Load:16.38, Inflammation Score:-7, Nutrition Score:11.479130426179%

### Nutrients (% of daily need)

Calories: 485.49kcal (24.27%), Fat: 34.3g (52.77%), Saturated Fat: 20.45g (127.84%), Carbohydrates: 36.75g (12.25%), Net Carbohydrates: 35.56g (12.93%), Sugar: 33.15g (36.83%), Cholesterol: 105.57mg (35.19%), Sodium: 299.64mg (13.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.25g (22.5%), Calcium: 312.97mg (31.3%), Phosphorus: 289.82mg (28.98%), Vitamin B2: 0.49mg (28.87%), Vitamin A: 1370.95IU (27.42%), Vitamin B12: 1.07µg (17.84%), Potassium: 504.35mg (14.41%), Selenium: 9.67µg (13.81%), Vitamin B5: 1.33mg (13.27%), Magnesium: 48.45mg (12.11%), Vitamin D: 1.54µg (10.27%), Zinc: 1.36mg (9.05%), Vitamin B1: 0.12mg (8.2%), Vitamin B6: 0.16mg (8.03%), Manganese: 0.15mg (7.49%), Copper: 0.15mg (7.25%), Vitamin E: 0.85mg (5.64%), Iron: 0.98mg (5.46%), Folate: 20.94µg (5.24%), Fiber: 1.19g (4.75%), Vitamin B3: 0.4mg (2.02%), Vitamin K: 1.85µg (1.77%)