



Fountain-Style Vanilla Malt Shake

READY IN



10 min.

SERVINGS



1

CALORIES



423 kcal

BEVERAGE

DRINK

Ingredients

- 0.3 cup carbonated water
- 3 tablespoons liquid malt extract
- 0.5 cup milk cold
- 0.5 teaspoon vanilla extract
- 2 scoops whipped cream

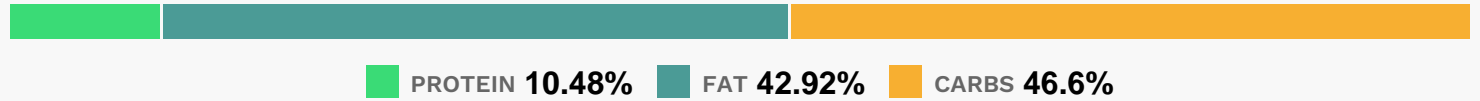
Equipment

- blender

Directions

- In a blender, mix together milk, carbonated water, malted milk powder and vanilla extract. Scoop in ice cream. Blend until smooth.
- Pour into glass and serve.

Nutrition Facts



Properties

Glycemic Index:99, Glycemic Load:20.6, Inflammation Score:-5, Nutrition Score:11.742173910141%

Nutrients (% of daily need)

Calories: 422.82kcal (21.14%), Fat: 20g (30.76%), Saturated Fat: 12.02g (75.11%), Carbohydrates: 48.85g (16.28%), Net Carbohydrates: 47.91g (17.42%), Sugar: 41.96g (46.63%), Cholesterol: 76.68mg (25.56%), Sodium: 231.39mg (10.06%), Alcohol: 0.69g (100%), Alcohol %: 0.26% (100%), Protein: 10.98g (21.96%), Vitamin B2: 0.64mg (37.58%), Calcium: 371.37mg (37.14%), Phosphorus: 321.01mg (32.1%), Vitamin B12: 1.31µg (21.76%), Potassium: 574.89mg (16.43%), Vitamin A: 790.32IU (15.81%), Vitamin B1: 0.21mg (13.73%), Vitamin B5: 1.33mg (13.26%), Magnesium: 49.3mg (12.32%), Zinc: 1.64mg (10.9%), Vitamin D: 1.61µg (10.71%), Selenium: 7.4µg (10.57%), Vitamin B6: 0.21mg (10.3%), Vitamin B3: 1.16mg (5.78%), Fiber: 0.94g (3.76%), Folate: 14.19µg (3.55%), Copper: 0.07mg (3.48%), Vitamin E: 0.52mg (3.44%), Manganese: 0.06mg (2.99%), Vitamin K: 1.65µg (1.57%), Vitamin C: 1.27mg (1.54%), Iron: 0.24mg (1.35%)