



Fruit-Flavored Milk Shake

READY IN



5 min.

SERVINGS



5

CALORIES



251 kcal

BEVERAGE

DRINK

Ingredients

- 0.5 cup tang sugar-sweetened drink mix
- 3 cups milk
- 2 cups whipped cream

Equipment

- blender

Directions

Place milk, drink mix and ice cream in blender container; cover. Blend on high speed until smooth.

Serve immediately.

Nutrition Facts

PROTEIN 13.41% **FAT 41.78%** **CARBS 44.81%**

Properties

Glycemic Index:19.8, Glycemic Load:9.97, Inflammation Score:-4, Nutrition Score:8.7282608410586%

Nutrients (% of daily need)

Calories: 250.64kcal (12.53%), Fat: 11.68g (17.97%), Saturated Fat: 6.9g (43.15%), Carbohydrates: 28.2g (9.4%), Net Carbohydrates: 27.82g (10.12%), Sugar: 24.19g (26.88%), Cholesterol: 43.8mg (14.6%), Sodium: 148.5mg (6.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.44g (16.87%), Calcium: 284.91mg (28.49%), Vitamin B2: 0.44mg (26.1%), Phosphorus: 248.05mg (24.81%), Vitamin B12: 1.1µg (18.27%), Potassium: 419.42mg (11.98%), Vitamin D: 1.72µg (11.44%), Vitamin B1: 0.17mg (11.12%), Vitamin A: 487.46IU (9.75%), Vitamin B5: 0.93mg (9.31%), Magnesium: 36.58mg (9.15%), Vitamin B6: 0.17mg (8.29%), Selenium: 5.78µg (8.26%), Zinc: 1.09mg (7.26%), Vitamin B3: 0.87mg (4.35%), Folate: 8.39µg (2.1%), Manganese: 0.04mg (1.99%), Copper: 0.04mg (1.93%), Vitamin E: 0.28mg (1.84%), Fiber: 0.38g (1.53%), Vitamin K: 1.27µg (1.21%)