



Fudgy Brownie Salted-Caramel Shakes

READY IN



10 min.

SERVINGS



2

CALORIES



530 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 cups ice-cream chocolate shell softened
- ☐ 3 tablespoons chocolate
- ☐ 2 brownie mix cooled cut into chunks*
- ☐ 1 serving brownie mix cut into pieces, if desired
- ☐ 1 serving individually wrapped caramels with sea salt, cut into pieces, if desired
- ☐ 1 serving mrs richardson's butterscotch caramel sauce

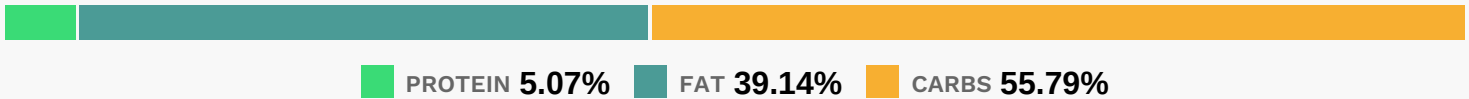
Equipment

- ☐ blender

Directions

- ☐ In blender, place ice cream and milk. Cover and blend on high speed until smooth and creamy.
- ☐ Add brownie chunks; cover and blend until smooth, stopping blender to scrape down sides if necessary.
- ☐ Pour into 2 glasses. Top with brownie and caramel pieces; drizzle with caramel.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:78.8, Glycemic Load:25.51, Inflammation Score:-5, Nutrition Score:8.7752173879872%

Nutrients (% of daily need)

Calories: 530.43kcal (26.52%), Fat: 24.45g (37.61%), Saturated Fat: 13.97g (87.32%), Carbohydrates: 78.4g (26.13%), Net Carbohydrates: 75.59g (27.49%), Sugar: 67.56g (75.06%), Cholesterol: 45.23mg (15.08%), Sodium: 231.04mg (10.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 18.6mg (6.2%), Protein: 7.12g (14.24%), Vitamin B2: 0.32mg (18.95%), Phosphorus: 187.34mg (18.73%), Calcium: 165.9mg (16.59%), Magnesium: 65.19mg (16.3%), Copper: 0.31mg (15.32%), Manganese: 0.3mg (15.25%), Iron: 2.3mg (12.76%), Potassium: 416.9mg (11.91%), Vitamin A: 569.22IU (11.38%), Fiber: 2.8g (11.22%), Vitamin B5: 0.81mg (8.1%), Zinc: 1.12mg (7.47%), Vitamin B12: 0.43µg (7.23%), Selenium: 4.27µg (6.1%), Folate: 22.39µg (5.6%), Vitamin B1: 0.06mg (4.34%), Vitamin B6: 0.08mg (4.25%), Vitamin E: 0.49mg (3.24%), Vitamin B3: 0.45mg (2.27%), Vitamin K: 1.88µg (1.79%), Vitamin D: 0.26µg (1.76%), Vitamin C: 1.04mg (1.27%)