

Georgia Shake

 Gluten Free

READY IN



5 min.

SERVINGS



1

CALORIES



291 kcal

BEVERAGE

DRINK

Ingredients

- 0.8 cup ice-cream chocolate shell
- 0.5 cup milk
- 1 peanut butter candy pieces crumbled

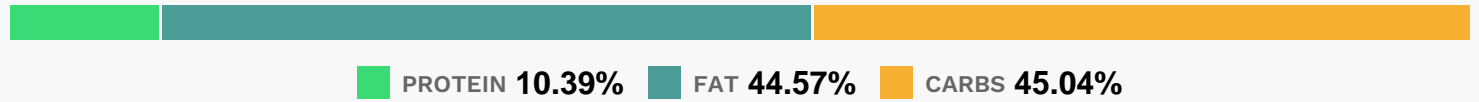
Equipment

- blender

Directions

In a blender, combine milk, peanut butter cup and ice cream. Blend until smooth.

Nutrition Facts



Properties

Glycemic Index:140, Glycemic Load:15.77, Inflammation Score:-5, Nutrition Score:8.8886956339297%

Nutrients (% of daily need)

Calories: 291.02kcal (14.55%), Fat: 14.99g (23.07%), Saturated Fat: 9.13g (57.08%), Carbohydrates: 34.09g (11.36%), Net Carbohydrates: 32.88g (11.96%), Sugar: 31.44g (34.93%), Cholesterol: 48.3mg (16.1%), Sodium: 123.15mg (5.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.86g (15.73%), Calcium: 258.52mg (25.85%), Phosphorus: 230.81mg (23.08%), Vitamin B2: 0.36mg (21.3%), Vitamin B12: 0.95µg (15.78%), Potassium: 432.38mg (12.35%), Vitamin A: 609.48IU (12.19%), Magnesium: 44.05mg (11.01%), Vitamin D: 1.54µg (10.27%), Vitamin B5: 1.01mg (10.08%), Manganese: 0.15mg (7.61%), Vitamin B1: 0.11mg (7.42%), Zinc: 1.08mg (7.22%), Copper: 0.14mg (6.91%), Selenium: 4.8µg (6.86%), Vitamin B6: 0.13mg (6.49%), Iron: 0.92mg (5.14%), Fiber: 1.21g (4.85%), Folate: 16.28µg (4.07%), Vitamin E: 0.37mg (2.44%), Vitamin B3: 0.4mg (2%)