



Grasshopper Milkshake

READY IN



45 min.

SERVINGS



2

CALORIES



460 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 cups mint-chocolate chip ice cream
- ☐ 2 tablespoons crème de cassis liqueur
- ☐ 1 broken cream filled chocolate sandwich cookie miniature
- ☐ 0.5 cup milk

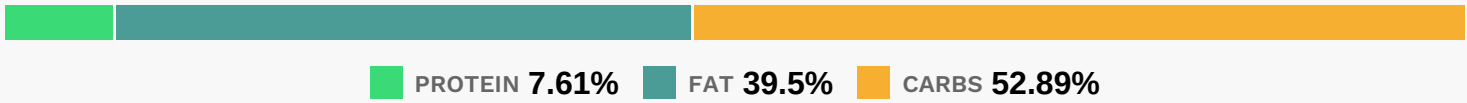
Equipment

- ☐ blender

Directions

- ☐
- In a blender, combine ice cream, milk, and crme de menthe. Whirl until smooth and pour into a chilled tall glass.
- ☐
- Garnish with cookie.

Nutrition Facts



Properties

Glycemic Index:74.5, Glycemic Load:26.8, Inflammation Score:-6, Nutrition Score:8.8478261569272%

Nutrients (% of daily need)

Calories: 460.32kcal (23.02%), Fat: 19.67g (30.26%), Saturated Fat: 10.92g (68.24%), Carbohydrates: 59.26g (19.75%), Net Carbohydrates: 57.68g (20.97%), Sugar: 49.35g (54.84%), Cholesterol: 59.55mg (19.85%), Sodium: 169.4mg (7.37%), Alcohol: 4.47g (100%), Alcohol %: 2.33% (100%), Caffeine: 3.96mg (1.32%), Protein: 8.52g (17.04%), Calcium: 246.91mg (24.69%), Phosphorus: 202.85mg (20.28%), Vitamin B2: 0.34mg (20.02%), Vitamin A: 735.44IU (14.71%), Magnesium: 55.4mg (13.85%), Potassium: 460.43mg (13.16%), Vitamin B12: 0.71µg (11.87%), Manganese: 0.19mg (9.66%), Vitamin B5: 0.96mg (9.59%), Copper: 0.19mg (9.54%), Iron: 1.3mg (7.23%), Zinc: 1.02mg (6.81%), Selenium: 4.52µg (6.46%), Fiber: 1.58g (6.34%), Vitamin D: 0.94µg (6.23%), Vitamin B1: 0.09mg (5.97%), Vitamin B6: 0.11mg (5.49%), Folate: 21.12µg (5.28%), Vitamin E: 0.43mg (2.84%), Vitamin B3: 0.36mg (1.81%), Vitamin C: 0.92mg (1.12%)