



Grasshopper Mocha Shake

READY IN



45 min.

SERVINGS



4

CALORIES



220 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 4 chocolate wafers such as nabisco famous
- ☐ 0.5 cup cocoa powder hot
- ☐ 0.3 cup half and half
- ☐ 1 cup ice cubes
- ☐ 1 ounce mint leaves
- ☐ 0.8 cup milk 2%
- ☐ 14 ounce raspberry sorbet

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ blender

Directions

- ☐ Combine milk and half-and-half in a small saucepan. Bring to a simmer.
- ☐ Remove from heat; stir in mint.
- ☐ Place pan in a large ice-filled bowl; cool completely (about 10 minutes), stirring occasionally. Discard mint.
- ☐ Place milk mixture, ice, and next 3 ingredients (through cookies) in a blender; process until smooth.

Nutrition Facts



Properties

Glycemic Index:12.38, Glycemic Load:2.06, Inflammation Score:-6, Nutrition Score:8.4891305747239%

Flavonoids

Catechin: 6.97mg, Catechin: 6.97mg, Catechin: 6.97mg, Catechin: 6.97mg Epicatechin: 21.12mg, Epicatechin: 21.12mg, Epicatechin: 21.12mg, Epicatechin: 21.12mg Eriodictyol: 2.19mg, Eriodictyol: 2.19mg, Eriodictyol: 2.19mg, Eriodictyol: 2.19mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 220.43kcal (11.02%), Fat: 5.5g (8.47%), Saturated Fat: 2.76g (17.24%), Carbohydrates: 40.91g (13.64%), Net Carbohydrates: 34.27g (12.46%), Sugar: 24.15g (26.83%), Cholesterol: 8.95mg (2.98%), Sodium: 138.72mg (6.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 25.33mg (8.44%), Protein: 6.59g (13.18%), Manganese: 0.54mg (27.2%), Fiber: 6.63g (26.53%), Copper: 0.47mg (23.6%), Magnesium: 69.46mg (17.37%), Phosphorus: 147.08mg (14.71%), Iron: 2.11mg (11.73%), Calcium: 103.9mg (10.39%), Vitamin B2: 0.17mg (10.11%), Potassium: 298.24mg (8.52%), Vitamin A: 400.47IU (8.01%), Zinc: 1.15mg (7.69%), Selenium: 3.47µg (4.96%), Vitamin B12: 0.27µg (4.48%), Folate: 17.01µg (4.25%), Vitamin B1: 0.05mg (3.21%), Vitamin C: 2.48mg (3%), Vitamin B3: 0.58mg (2.92%), Vitamin B5: 0.28mg (2.75%), Vitamin B6: 0.05mg (2.46%)