



Healthy Living Coffee Milkshake

 Gluten Free

READY IN



5 min.

SERVINGS



4

CALORIES



158 kcal

BEVERAGE

DRINK

Ingredients

- 1 cup milk fat-free
- 4 servings ice cubes
- 1 Tbsp maxwell house coffee instant
- 1 pkg jell-o vanilla flavor pudding fat free sugar free instant (4-serving size)
- 1 cup cool whip lite whipped topping frozen

Equipment

- blender
- measuring cup

Directions

- Pour milk into large glass measuring cup.
- Add enough ice to measure 3 cups.
- Pour into blender.
- Add frozen whipped topping, dry pudding mix and coffee; cover.
- Blend on high speed until smooth.
- Pour into glasses.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:8.31, Glycemic Load:1, Inflammation Score:-1, Nutrition Score:2.8308695554733%

Nutrients (% of daily need)

Calories: 158.2kcal (7.91%), Fat: 2.61g (4.01%), Saturated Fat: 2.17g (13.58%), Carbohydrates: 30.8g (10.27%), Net Carbohydrates: 30.66g (11.15%), Sugar: 26.56g (29.51%), Cholesterol: 2.21mg (0.74%), Sodium: 194.27mg (8.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 39.25mg (13.08%), Protein: 2.89g (5.78%), Calcium: 98.81mg (9.88%), Phosphorus: 83.68mg (8.37%), Vitamin B12: 0.39µg (6.55%), Vitamin B2: 0.1mg (5.95%), Potassium: 170.27mg (4.86%), Vitamin D: 0.67µg (4.49%), Magnesium: 13.31mg (3.33%), Selenium: 2.05µg (2.93%), Vitamin A: 138.82IU (2.78%), Vitamin B1: 0.04mg (2.54%), Vitamin B3: 0.44mg (2.22%), Vitamin B5: 0.22mg (2.2%), Zinc: 0.31mg (2.06%), Vitamin B6: 0.04mg (1.98%), Manganese: 0.03mg (1.26%)