

Homemade Frosty



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



306 kcal

DESSERT

Ingredients

- ☐ 1 ice cubes canned
- ☐ 1.5 cups water
- ☐ 1.5 cups skim milk powder dry
- ☐ 0.7 cup sugar
- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 1 teaspoon vanilla

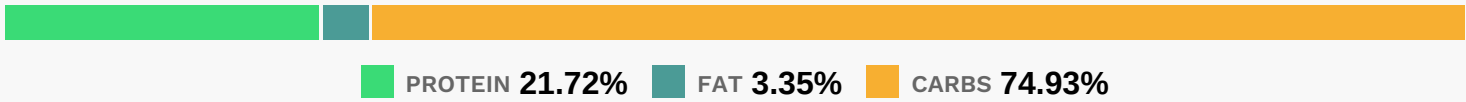
Equipment

- ☐ blender

Directions

- ☐ Place all of the ingredients into the blender, including the oil and the non-stick spray. Use less water for thicker milk shakes and more water for shakes that are easy on your blender motor. The blender should be about 3/4's full.
- ☐ Place the lid on. Process for a full 2 minutes.
- ☐ Pour into cups and serve. Enjoy!

Nutrition Facts



Properties

Glycemic Index:17.52, Glycemic Load:23.27, Inflammation Score:-7, Nutrition Score:17.164347812857%

Flavonoids

Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 306.37kcal (15.32%), Fat: 1.19g (1.83%), Saturated Fat: 0.66g (4.12%), Carbohydrates: 59.84g (19.95%), Net Carbohydrates: 57.85g (21.04%), Sugar: 56.89g (63.21%), Cholesterol: 9mg (3%), Sodium: 246.91mg (10.74%), Alcohol: 0.34g (100%), Alcohol %: 0.25% (100%), Caffeine: 12.36mg (4.12%), Protein: 17.34g (34.69%), Calcium: 577.09mg (57.71%), Phosphorus: 475.11mg (47.51%), Vitamin B2: 0.72mg (42.22%), Vitamin D: 4.95µg (33%), Vitamin B12: 1.81µg (30.23%), Potassium: 889.35mg (25.41%), Vitamin A: 980.55IU (19.61%), Magnesium: 77.36mg (19.34%), Selenium: 13.25µg (18.93%), Vitamin B5: 1.62mg (16.2%), Zinc: 2.22mg (14.77%), Vitamin B1: 0.19mg (12.74%), Copper: 0.24mg (12%), Manganese: 0.22mg (10.94%), Vitamin B6: 0.17mg (8.45%), Fiber: 1.99g (7.95%), Folate: 24.22µg (6.05%), Iron: 0.91mg (5.05%), Vitamin C: 3.06mg (3.71%), Vitamin B3: 0.55mg (2.75%)