



JELL-O® Magic Milk Shake

 Gluten Free

READY IN



5 min.

SERVINGS



5

CALORIES



145 kcal

BEVERAGE

DRINK

Ingredients

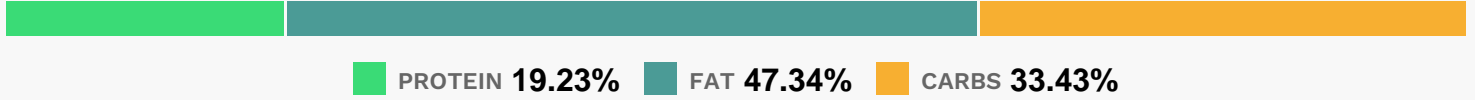
- 1 pkg jell-o gelatin (4-serving size)
- 4 cups milk
- 0.5 cup whipped cream softened

Equipment

Directions

- Place milk, gelatin and ice cream in large pitcher with tight-fitting lid; cover. Shake vigorously 1 minute or until well blended.
- Pour into 4 glasses.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:19.8, Glycemic Load:5.31, Inflammation Score:-3, Nutrition Score:6.8821739045822%

Nutrients (% of daily need)

Calories: 145.11kcal (7.26%), Fat: 7.7g (11.84%), Saturated Fat: 4.53g (28.29%), Carbohydrates: 12.23g (4.08%), Net Carbohydrates: 12.14g (4.41%), Sugar: 12.19g (13.54%), Cholesterol: 29.23mg (9.74%), Sodium: 85.13mg (3.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.04g (14.07%), Calcium: 257.1mg (25.71%), Phosphorus: 211.09mg (21.11%), Vitamin B12: 1.11µg (18.43%), Vitamin B2: 0.3mg (17.74%), Vitamin D: 2.17µg (14.49%), Potassium: 319.1mg (9.12%), Vitamin B5: 0.81mg (8.05%), Vitamin B1: 0.11mg (7.65%), Vitamin A: 371.8IU (7.44%), Magnesium: 25.32mg (6.33%), Vitamin B6: 0.13mg (6.27%), Zinc: 0.89mg (5.94%), Selenium: 4.03µg (5.75%), Vitamin B3: 0.22mg (1.1%)