

## Joe's Shamrock Shake

 Gluten Free

READY IN



5 min.

SERVINGS



2

CALORIES



363 kcal

BEVERAGE

DRINK

### Ingredients

- 0.3 teaspoon food coloring green
- 1.5 cups milk 2%
- 0.3 teaspoon peppermint extract
- 4 large scoops whipped cream

### Equipment

- blender

## Directions

- Place the ice cream, milk, food coloring, and peppermint extract into a blender. Puree until smooth; pour into glasses to serve.

## Nutrition Facts

**PROTEIN 11.53%** **FAT 44.7%** **CARBS 43.77%**

## Properties

Glycemic Index:30.5, Glycemic Load:18.44, Inflammation Score:-5, Nutrition Score:10.443043291569%

## Nutrients (% of daily need)

Calories: 363.18kcal (18.16%), Fat: 18.02g (27.73%), Saturated Fat: 11.19g (69.92%), Carbohydrates: 39.71g (13.24%), Net Carbohydrates: 38.79g (14.1%), Sugar: 37g (41.11%), Cholesterol: 72.24mg (24.08%), Sodium: 188.84mg (8.21%), Alcohol: 0.17g (100%), Alcohol %: 0.07% (100%), Protein: 10.46g (20.92%), Calcium: 381.42mg (38.14%), Vitamin B2: 0.64mg (37.92%), Phosphorus: 301.47mg (30.15%), Vitamin B12: 1.45µg (24.21%), Vitamin A: 736.26IU (14.73%), Potassium: 511.22mg (14.61%), Vitamin B5: 1.4mg (13.97%), Zinc: 1.76mg (11.74%), Selenium: 6.8µg (9.72%), Magnesium: 38.01mg (9.5%), Vitamin B1: 0.12mg (8.21%), Vitamin B6: 0.13mg (6.54%), Folate: 15.45µg (3.86%), Fiber: 0.92g (3.7%), Vitamin E: 0.45mg (2.99%), Copper: 0.04mg (2.07%), Manganese: 0.04mg (1.82%), Vitamin D: 0.26µg (1.76%), Vitamin B3: 0.32mg (1.59%), Vitamin C: 1.15mg (1.39%)