



Lemon Meringue Pie Shakes

 Gluten Free

READY IN



10 min.

SERVINGS



2

CALORIES



304 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 cups whipped cream softened
- ☐ 0.3 cup milk
- ☐ 1 teaspoon powdered lemonade mix sugar-free (from 2.1-oz container)
- ☐ 1 slice jell-o lemon flavor pudding & pie filling cold cut into chunks (from 9-inch pie)
- ☐ 1 serving gumdrops crushed

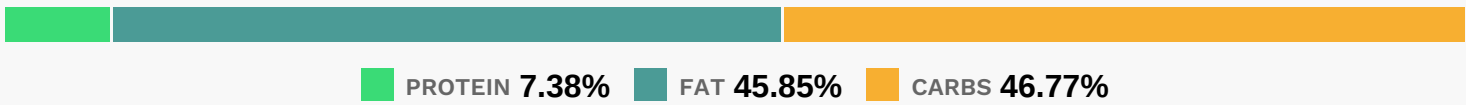
Equipment

- ☐ blender

Directions

- ☐ In blender, place ice cream, milk and lemonade mix. Cover and blend on high speed until smooth and creamy.
- ☐ Add pie chunks; cover and blend until smooth, stopping blender to scrape down sides if necessary.
- ☐ Pour into 2 glasses; sprinkle with crushed lemon drops.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:88.5, Glycemic Load:19.37, Inflammation Score:-4, Nutrition Score:6.3347826768523%

Nutrients (% of daily need)

Calories: 303.51kcal (15.18%), Fat: 15.52g (23.88%), Saturated Fat: 9.53g (59.56%), Carbohydrates: 35.63g (11.88%), Net Carbohydrates: 34.7g (12.62%), Sugar: 32.22g (35.8%), Cholesterol: 61.83mg (20.61%), Sodium: 119.9mg (5.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.62g (11.24%), Vitamin B2: 0.36mg (21.11%), Calcium: 206.98mg (20.7%), Phosphorus: 169.51mg (16.95%), Vitamin A: 605.35IU (12.11%), Vitamin B12: 0.68µg (11.32%), Potassium: 312.08mg (8.92%), Vitamin B5: 0.88mg (8.82%), Magnesium: 28.23mg (7.06%), Zinc: 1.04mg (6.92%), Vitamin B1: 0.07mg (4.77%), Selenium: 2.97µg (4.25%), Vitamin B6: 0.08mg (4.13%), Vitamin D: 0.6µg (4%), Fiber: 0.93g (3.74%), Vitamin E: 0.41mg (2.76%), Vitamin C: 1.78mg (2.15%), Folate: 6.75µg (1.69%), Copper: 0.03mg (1.59%)