



Malt Smoothies

READY IN



10 min.

SERVINGS



6

CALORIES



511 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 3 tablespoons liquid malt extract
- ☐ 2.3 cups milk
- ☐ 0.8 cup strawberry jam
- ☐ 1 quart whipped cream

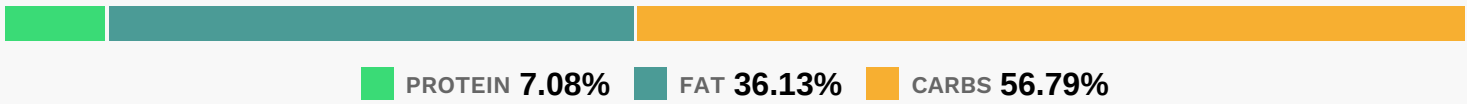
Equipment

- ☐ blender

Directions

- ☐ Place 3/4 cup of the milk, 1/4 cup of the chocolate-flavored syrup and 1 tablespoon malted milk powder in blender. Cover and blend on high speed 2 seconds.
- ☐ Add 3 scoops vanilla ice cream. Cover and blend on low speed about 5 second longer or until smooth.
- ☐ Pour into two glasses.
- ☐ Repeat 2 times with remaining milk, syrup, malted milk powder and ice cream.

Nutrition Facts



Properties

Glycemic Index:25.67, Glycemic Load:39.5, Inflammation Score:-5, Nutrition Score:10.448695809945%

Nutrients (% of daily need)

Calories: 511.31kcal (25.57%), Fat: 20.57g (31.65%), Saturated Fat: 12.55g (78.42%), Carbohydrates: 72.74g (24.25%), Net Carbohydrates: 71.16g (25.88%), Sugar: 59.76g (66.4%), Cholesterol: 81.04mg (27.01%), Sodium: 185.69mg (8.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.07g (18.14%), Calcium: 331.13mg (33.11%), Vitamin B2: 0.56mg (33.08%), Phosphorus: 275.95mg (27.59%), Vitamin B12: 1.13µg (18.85%), Vitamin A: 818.41IU (16.37%), Potassium: 504.69mg (14.42%), Vitamin B5: 1.28mg (12.83%), Zinc: 1.52mg (10.11%), Magnesium: 37.32mg (9.33%), Vitamin B1: 0.14mg (9.11%), Vitamin D: 1.32µg (8.81%), Selenium: 5.88µg (8.4%), Vitamin B6: 0.15mg (7.56%), Fiber: 1.57g (6.3%), Vitamin C: 4.77mg (5.78%), Copper: 0.09mg (4.26%), Vitamin E: 0.58mg (3.87%), Folate: 13.83µg (3.46%), Vitamin B3: 0.44mg (2.19%), Iron: 0.37mg (2.05%), Manganese: 0.04mg (1.99%)