

Mamey Milkshake



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



188 kcal

DESSERT

BEVERAGE

DRINK

Ingredients

- ☐ 0.3 cup buttermilk
- ☐ 0.5 cup ice cubes
- ☐ 1 cup milk
- ☐ 0.3 cup sugar
- ☐ 1 dash vanilla extract pure

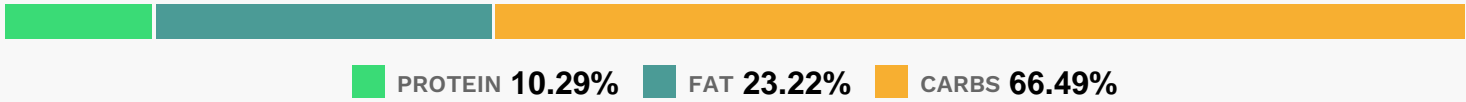
Equipment

- ☐ blender

Directions

- ☐ Combine all of the ingredients in a blender and blend until smooth.
- ☐ Serve immediately.
- ☐ If you don't have access to fresh, ripe mameys, frozen mamey pulp can be found in many Latin American and Caribbean grocery stores. The flavor is nice though not as exquisite as the ripe, fresh fruit.
- ☐ From My Key West Kitchen: Recipes and Stories by Norman Van Aken and Justin Van Aken. Text © 2012 by Norman Van Aken; photographs © 2012 by Penny De Los Santos. Published in 2012 by Kyle Books.

Nutrition Facts



Properties

Glycemic Index:69.55, Glycemic Load:20.07, Inflammation Score:-2, Nutrition Score:5.0352174144076%

Nutrients (% of daily need)

Calories: 188.19kcal (9.41%), Fat: 4.98g (7.66%), Saturated Fat: 2.84g (17.75%), Carbohydrates: 32.07g (10.69%), Net Carbohydrates: 32.07g (11.66%), Sugar: 32.29g (35.88%), Cholesterol: 17.94mg (5.98%), Sodium: 81.07mg (3.52%), Alcohol: 0.02g (100%), Alcohol %: 0.01% (100%), Protein: 4.96g (9.93%), Calcium: 186.59mg (18.66%), Phosphorus: 148.72mg (14.87%), Vitamin B12: 0.8µg (13.28%), Vitamin B2: 0.22mg (13.22%), Vitamin D: 1.73µg (11.55%), Potassium: 224.07mg (6.4%), Vitamin B5: 0.57mg (5.69%), Vitamin B1: 0.08mg (5.5%), Selenium: 3.58µg (5.11%), Vitamin A: 247.14IU (4.94%), Magnesium: 18.24mg (4.56%), Vitamin B6: 0.09mg (4.26%), Zinc: 0.62mg (4.15%)