



Maple-Hazelnut Shake



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



241 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 tablespoon butter
- ☐ 0.5 cup hazelnut milk unsweetened chilled
- ☐ 1 cup vanilla ice cream low-fat
- ☐ 1 tablespoon maple syrup

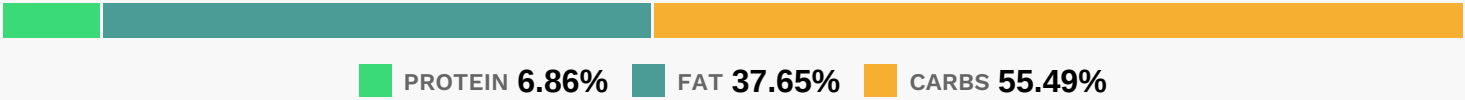
Equipment

- ☐ blender

Directions

- ☐ Place all ingredients in a blender; process until smooth.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:61.25, Glycemic Load:10.45, Inflammation Score:-5, Nutrition Score:9.7421738816344%

Nutrients (% of daily need)

Calories: 241.1kcal (12.05%), Fat: 10.21g (15.7%), Saturated Fat: 5.82g (36.4%), Carbohydrates: 33.84g (11.28%), Net Carbohydrates: 33.37g (12.13%), Sugar: 26.24g (29.16%), Cholesterol: 35.57mg (11.86%), Sodium: 131.72mg (5.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.18g (8.37%), Vitamin D: 24.7µg (164.7%), Vitamin B2: 0.45mg (26.4%), Calcium: 208.87mg (20.89%), Vitamin A: 638.44IU (12.77%), Manganese: 0.23mg (11.69%), Phosphorus: 79.96mg (8%), Vitamin E: 0.99mg (6.61%), Vitamin B12: 0.37µg (6.15%), Potassium: 200.74mg (5.74%), Zinc: 0.63mg (4.21%), Vitamin B5: 0.37mg (3.73%), Magnesium: 12.88mg (3.22%), Vitamin B1: 0.05mg (3.15%), Selenium: 1.59µg (2.27%), Fiber: 0.47g (1.88%), Vitamin B6: 0.03mg (1.72%), Iron: 0.25mg (1.36%), Folate: 4.77µg (1.19%), Vitamin C: 0.91mg (1.11%)