



## Milk Chocolate Almond Shake



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



154 kcal

BEVERAGE

DRINK

### Ingredients

- 0.1 teaspoon almond extract
- 0.3 cup vanilla almond milk unsweetened chilled
- 2 teaspoons cocoa unsweetened
- 0.5 cup vanilla almond milk ice cream

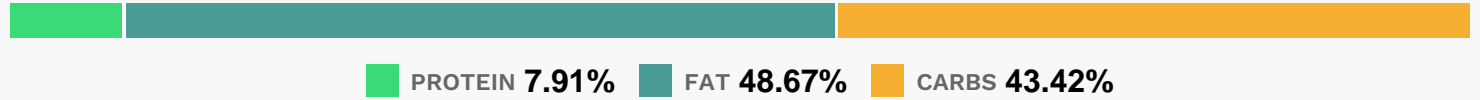
### Equipment

- blender

## Directions

- Place all ingredients in a blender; process until smooth.
- Pour into a glass and serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:61, Glycemic Load:9.22, Inflammation Score:-3, Nutrition Score:3.9378260354633%

## Flavonoids

Catechin: 1.3mg, Catechin: 1.3mg, Catechin: 1.3mg, Catechin: 1.3mg Epicatechin: 3.93mg, Epicatechin: 3.93mg, Epicatechin: 3.93mg, Epicatechin: 3.93mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

## Nutrients (% of daily need)

Calories: 154.29kcal (7.71%), Fat: 8.53g (13.13%), Saturated Fat: 4.64g (29.02%), Carbohydrates: 17.13g (5.71%), Net Carbohydrates: 15.68g (5.7%), Sugar: 14.17g (15.75%), Cholesterol: 29.04mg (9.68%), Sodium: 161.6mg (7.03%), Alcohol: 0.17g (100%), Alcohol %: 0.14% (100%), Caffeine: 4.6mg (1.53%), Protein: 3.12g (6.24%), Calcium: 187.1mg (18.71%), Vitamin B2: 0.16mg (9.63%), Phosphorus: 84.01mg (8.4%), Fiber: 1.45g (5.81%), Vitamin A: 277.86IU (5.56%), Magnesium: 19.28mg (4.82%), Potassium: 162.48mg (4.64%), Copper: 0.09mg (4.57%), Vitamin B12: 0.26µg (4.29%), Manganese: 0.08mg (4.16%), Zinc: 0.59mg (3.95%), Vitamin B5: 0.39mg (3.89%), Selenium: 1.47µg (2.11%), Vitamin B1: 0.03mg (1.91%), Iron: 0.34mg (1.88%), Vitamin B6: 0.03mg (1.71%), Vitamin E: 0.2mg (1.33%)