



Mint-Chocolate Chip Shake

 Gluten Free

READY IN



5 min.

SERVINGS



4

CALORIES



566 kcal

BEVERAGE

DRINK

Ingredients

- 0.3 cup chocolate chips mini
- 4 servings drop natural food coloring green
- 0.5 cup milk
- 4 servings mint leaves fresh
- 0.3 teaspoon peppermint extract
- 1 quart whipped cream

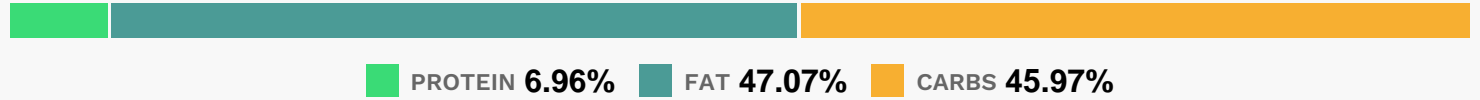
Equipment

- blender

Directions

- Combine first 3 ingredients in a blender; process until smooth.
- Add drops of food coloring to mixture, stirring until it's the desired shade of green. Stir in chocolate chips.
- Pour into glasses; garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:24.75, Glycemic Load:33.59, Inflammation Score:-6, Nutrition Score:10.663913032283%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg

Nutrients (% of daily need)

Calories: 565.93kcal (28.3%), Fat: 29.64g (45.6%), Saturated Fat: 18.26g (114.13%), Carbohydrates: 65.13g (21.71%), Net Carbohydrates: 63.09g (22.94%), Sugar: 58.69g (65.21%), Cholesterol: 109.45mg (36.48%), Sodium: 208.84mg (9.08%), Alcohol: 0.09g (100%), Alcohol %: 0.04% (100%), Protein: 9.86g (19.71%), Vitamin B2: 0.61mg (36.05%), Calcium: 355.86mg (35.59%), Phosphorus: 279.97mg (28%), Vitamin A: 1113.13IU (22.26%), Vitamin B12: 1.09µg (18.12%), Potassium: 522.62mg (14.93%), Vitamin B5: 1.49mg (14.92%), Zinc: 1.77mg (11.79%), Magnesium: 37.61mg (9.4%), Fiber: 2.04g (8.16%), Vitamin B1: 0.11mg (7.66%), Selenium: 4.84µg (6.91%), Vitamin B6: 0.13mg (6.68%), Vitamin D: 0.81µg (5.39%), Vitamin E: 0.73mg (4.83%), Folate: 12.97µg (3.24%), Copper: 0.06mg (2.91%), Iron: 0.4mg (2.24%), Vitamin C: 1.8mg (2.19%), Manganese: 0.03mg (1.62%), Vitamin B3: 0.32mg (1.62%)