



## Neapolitan Malted Milkshake

READY IN



5 min.

SERVINGS



3

CALORIES



285 kcal

BEVERAGE

DRINK

### Ingredients

- 0.5 cup lowfat buttermilk
- 0.8 cup ice-cream chocolate shell
- 0.5 cup lowfat chocolate milk
- 1 tablespoon liquid malt extract
- 0.8 cup strawberry ice cream
- 1 cup whipped cream

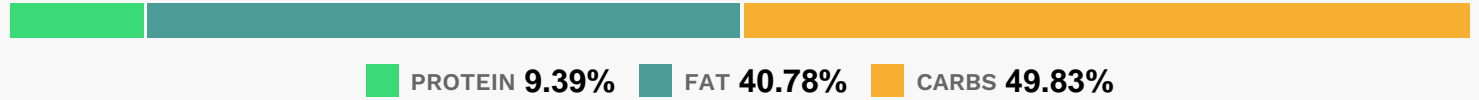
### Equipment

- blender

## Directions

- Combine vanilla ice cream, chocolate ice cream, strawberry ice cream, buttermilk, chocolate milk, and malted milk powder in a blender.
- Mix on high speed until smooth, about 2 minutes.
- Pour into three glasses and garnish as desired. Enjoy!

## Nutrition Facts



## Properties

Glycemic Index:47.33, Glycemic Load:11.21, Inflammation Score:-4, Nutrition Score:7.8626087061737%

## Nutrients (% of daily need)

Calories: 285.03kcal (14.25%), Fat: 13.2g (20.31%), Saturated Fat: 8.05g (50.3%), Carbohydrates: 36.31g (12.1%), Net Carbohydrates: 35.26g (12.82%), Sugar: 24.68g (27.42%), Cholesterol: 47.07mg (15.69%), Sodium: 156.59mg (6.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.84g (13.68%), Vitamin B2: 0.44mg (26.02%), Calcium: 237.1mg (23.71%), Phosphorus: 195.07mg (19.51%), Vitamin A: 579.89IU (11.6%), Vitamin B12: 0.66µg (11.01%), Potassium: 371.33mg (10.61%), Vitamin B5: 0.97mg (9.65%), Magnesium: 31.47mg (7.87%), Vitamin D: 1.13µg (7.55%), Selenium: 4.82µg (6.88%), Zinc: 0.96mg (6.38%), Vitamin B1: 0.09mg (5.85%), Manganese: 0.11mg (5.67%), Vitamin B6: 0.1mg (4.86%), Copper: 0.09mg (4.61%), Fiber: 1.04g (4.18%), Vitamin C: 3.26mg (3.95%), Folate: 15.53µg (3.88%), Iron: 0.54mg (2.98%), Vitamin B3: 0.37mg (1.83%), Vitamin E: 0.27mg (1.77%)