



OREO Peanut Butter Milkshake

READY IN



10 min.

SERVINGS



10

CALORIES



195 kcal

BEVERAGE

DRINK

Ingredients

- 0.3 cup creamy peanut butter
- 1 cup milk
- 8 oreo cookies
- 4 strawberries fresh halved
- 1 tsp vanilla
- 3 cups whipped cream softened

Equipment

- blender

Directions

- Blend all ingredients except berries in blender until smooth.
- Top with berries.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:15.3, Glycemic Load:6.28, Inflammation Score:-3, Nutrition Score:5.4504348195117%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 1.19mg, Pelargonidin: 1.19mg, Pelargonidin: 1.19mg, Pelargonidin: 1.19mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 195.24kcal (9.76%), Fat: 11.38g (17.51%), Saturated Fat: 4.55g (28.47%), Carbohydrates: 19.64g (6.55%), Net Carbohydrates: 18.58g (6.76%), Sugar: 14.67g (16.3%), Cholesterol: 20.35mg (6.78%), Sodium: 115.18mg (5.01%), Alcohol: 0.14g (100%), Alcohol %: 0.21% (100%), Protein: 4.65g (9.31%), Manganese: 0.21mg (10.74%), Phosphorus: 105.48mg (10.55%), Vitamin B2: 0.17mg (9.97%), Calcium: 87.74mg (8.77%), Vitamin E: 1.17mg (7.77%), Iron: 1.37mg (7.59%), Vitamin B3: 1.49mg (7.43%), Magnesium: 28.19mg (7.05%), Potassium: 194.34mg (5.55%), Vitamin B12: 0.29µg (4.77%), Zinc: 0.67mg (4.47%), Vitamin B5: 0.45mg (4.47%), Fiber: 1.06g (4.26%), Vitamin A: 207.01IU (4.14%), Vitamin B1: 0.06mg (4.13%), Folate: 16.38µg (4.1%), Copper: 0.08mg (4.01%), Vitamin B6: 0.08mg (3.83%), Vitamin C: 3.06mg (3.71%), Selenium: 2.05µg (2.92%), Vitamin K: 2.95µg (2.81%), Vitamin D: 0.35µg (2.32%)