



## Oreo® Vanilla Milkshake

READY IN



10 min.

SERVINGS



2

CALORIES



346 kcal

BEVERAGE

DRINK

### Ingredients

- 4 chocolate sandwich cookies oreo® (such as )
- 1 cup milk
- 1 teaspoon vanilla extract pure
- 2 scoops whipped cream
- 0.3 cup whipped cream

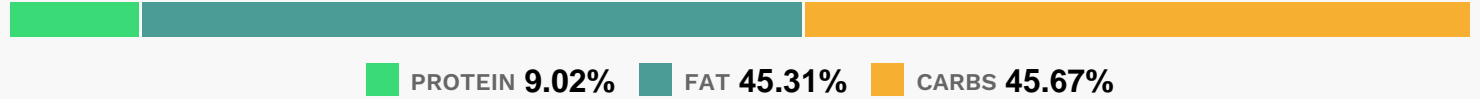
### Equipment

- blender

## Directions

- Blend ice cream, milk, vanilla extract, and chocolate sandwich cookies in a blender until smooth.
- Pour into 2 glasses and top with whipped cream.

## Nutrition Facts



## Properties

Glycemic Index:77, Glycemic Load:11.9, Inflammation Score:-4, Nutrition Score:9.68521739996%

## Nutrients (% of daily need)

Calories: 346.21kcal (17.31%), Fat: 17.42g (26.79%), Saturated Fat: 9.14g (57.15%), Carbohydrates: 39.5g (13.17%), Net Carbohydrates: 38.35g (13.94%), Sugar: 30.48g (33.87%), Cholesterol: 49.38mg (16.46%), Sodium: 193.06mg (8.39%), Alcohol: 0.69g (100%), Alcohol %: 0.39% (100%), Protein: 7.8g (15.61%), Calcium: 247.38mg (24.74%), Vitamin B2: 0.39mg (22.98%), Phosphorus: 221.63mg (22.16%), Iron: 2.97mg (16.5%), Vitamin B12: 0.94µg (15.63%), Potassium: 384.48mg (10.99%), Vitamin A: 527.35IU (10.55%), Vitamin D: 1.5µg (10.03%), Vitamin B1: 0.15mg (9.71%), Vitamin B5: 0.93mg (9.34%), Magnesium: 36.22mg (9.06%), Manganese: 0.18mg (8.88%), Zinc: 1.16mg (7.75%), Selenium: 4.86µg (6.94%), Vitamin K: 7.28µg (6.94%), Vitamin E: 0.9mg (6%), Vitamin B6: 0.12mg (5.76%), Copper: 0.1mg (4.94%), Fiber: 1.16g (4.63%), Folate: 18.17µg (4.54%), Vitamin B3: 0.84mg (4.21%)