



Peanut Butter-Chocolate Shake



Gluten Free

READY IN



5 min.

SERVINGS



4

CALORIES



1278 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 cup chocolate syrup
- ☐ 1 cup milk
- ☐ 1 cup chunky peanut butter
- ☐ 1 cup garnish: peanut butter candy
- ☐ 1 quart whipped cream

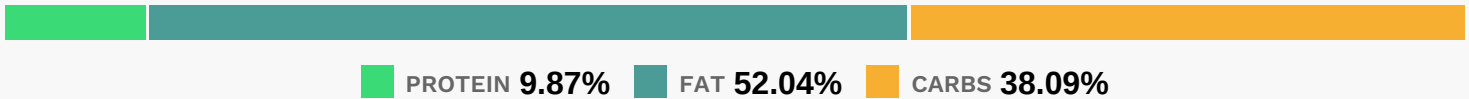
Equipment

- ☐ blender

Directions

- ☐ Freeze 4 (8-ounce) glasses until very cold.
- ☐ Pour 2 tablespoons chocolate sauce in bottom half of each glass, coating sides. Keep chilled until ready to serve.
- ☐ Combine milk, ice cream, and peanut butter in a blender; process until smooth.
- ☐ Pour into prepared glasses, and garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:41.25, Glycemic Load:49.62, Inflammation Score:-8, Nutrition Score:31.143912958062%

Nutrients (% of daily need)

Calories: 1277.99kcal (63.9%), Fat: 75.97g (116.88%), Saturated Fat: 32.93g (205.84%), Carbohydrates: 125.12g (41.71%), Net Carbohydrates: 117.9g (42.87%), Sugar: 98.09g (108.99%), Cholesterol: 111.8mg (37.27%), Sodium: 711.82mg (30.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.42g (64.83%), Manganese: 1.62mg (81.25%), Phosphorus: 662.83mg (66.28%), Vitamin B3: 11.86mg (59.3%), Vitamin E: 8.08mg (53.87%), Vitamin B2: 0.91mg (53.72%), Magnesium: 209.05mg (52.26%), Calcium: 460.52mg (46.05%), Potassium: 1202.74mg (34.36%), Copper: 0.65mg (32.54%), Zinc: 4.38mg (29.18%), Fiber: 7.23g (28.9%), Vitamin B5: 2.62mg (26.18%), Vitamin B6: 0.5mg (24.82%), Folate: 94.67µg (23.67%), Vitamin B12: 1.33µg (22.11%), Vitamin A: 1095.62IU (21.91%), Vitamin B1: 0.32mg (21.18%), Selenium: 9.31µg (13.3%), Iron: 2.05mg (11.41%), Vitamin D: 1.14µg (7.63%), Vitamin K: 4.81µg (4.58%), Vitamin C: 1.5mg (1.81%)