



## Peanut Butter-Chocolate Tagalongs Milk Shakes

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



799 kcal

DESSERT

BEVERAGE

DRINK

### Ingredients

- ☐ 1 qt ice-cream chocolate shell
- ☐ 1 cup milk
- ☐ 7 oz chocolate-covered peanut butter cookies frozen crushed
- ☐ 4 servings chocolate-peanut butter sauce

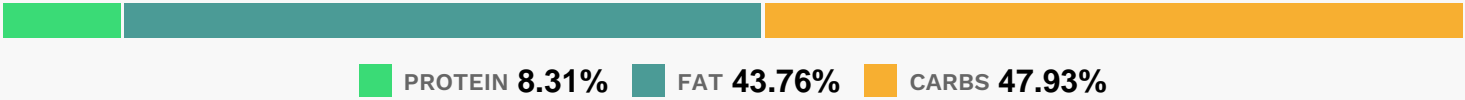
### Equipment

- ☐ blender

# Directions

- ☐ Process ice cream and milk in a blender 15 to 20 seconds or until smooth, stopping to scrape down sides, if needed.
- ☐ Remove and reserve 1 cup crushed cookies. Fold remaining crushed cookies into ice-cream mixture.
- ☐ Pour ice-cream mixture evenly into 4 serving glasses.
- ☐ Drizzle each with 2 Tbsp. Chocolate-Peanut Butter Sauce.
- ☐ Sprinkle with reserved crushed cookies.
- ☐ Serve immediately.
- ☐ Note: For testing purposes only, we used Girl Scout Tagalongs cookies.
- ☐ Vanilla-Banana Tagalongs Milk Shakes: Substitute vanilla ice cream for chocolate ice cream. Proceed with recipe as directed, processing 1 banana with milk and ice cream.

## Nutrition Facts



## Properties

Glycemic Index:48, Glycemic Load:48, Inflammation Score:-7, Nutrition Score:19.120434729949%

## Nutrients (% of daily need)

Calories: 799.17kcal (39.96%), Fat: 40.53g (62.35%), Saturated Fat: 25.52g (159.52%), Carbohydrates: 99.88g (33.29%), Net Carbohydrates: 95.53g (34.74%), Sugar: 89.95g (99.95%), Cholesterol: 87.76mg (29.25%), Sodium: 301.17mg (13.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 7.1mg (2.37%), Protein: 17.32g (34.64%), Manganese: 0.89mg (44.52%), Phosphorus: 419.53mg (41.95%), Vitamin B2: 0.65mg (38.5%), Calcium: 367.83mg (36.78%), Magnesium: 120.47mg (30.12%), Copper: 0.53mg (26.38%), Potassium: 862.3mg (24.64%), Vitamin A: 1083.03IU (21.66%), Vitamin B5: 1.85mg (18.47%), Vitamin B3: 3.67mg (18.33%), Vitamin B12: 1.07µg (17.85%), Fiber: 4.36g (17.43%), Folate: 65.69µg (16.42%), Vitamin B1: 0.22mg (14.98%), Zinc: 2.2mg (14.7%), Iron: 2.45mg (13.6%), Vitamin B6: 0.22mg (11.15%), Selenium: 7.48µg (10.68%), Vitamin E: 1.24mg (8.28%), Vitamin D: 1.14µg (7.63%), Vitamin K: 3.88µg (3.69%), Vitamin C: 1.66mg (2.01%)