



## Pecan Pie Milk Shakes

 Gluten Free

READY IN



10 min.

SERVINGS



2

CALORIES



298 kcal

BEVERAGE

DRINK

### Ingredients

- ☐ 0.3 cup milk
- ☐ 0.1 slice pecans cold cut into chunks (from 9-inch pie)
- ☐ 2 cups whipped cream softened

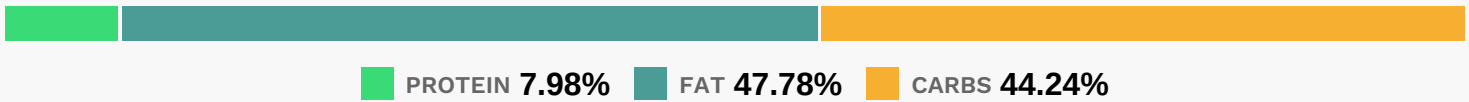
### Equipment

- ☐ blender

### Directions

- ☐
- In blender, place ice cream and milk. Cover and blend on high speed until smooth and creamy.
- ☐
- Add pie chunks; cover and blend until smooth, stopping blender to scrape down sides if necessary.
- ☐
- Pour into 2 glasses; top with sweetened whipped cream and pecans.
- ☐
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:54.5, Glycemic Load:19.16, Inflammation Score:-4, Nutrition Score:6.5386956204539%

## Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg

## Nutrients (% of daily need)

Calories: 298.07kcal (14.9%), Fat: 15.87g (24.41%), Saturated Fat: 9.72g (60.77%), Carbohydrates: 33.06g (11.02%), Net Carbohydrates: 32.13g (11.68%), Sugar: 29.94g (33.27%), Cholesterol: 62.96mg (20.99%), Sodium: 121.05mg (5.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.96g (11.92%), Vitamin B2: 0.37mg (21.94%), Calcium: 219.02mg (21.9%), Phosphorus: 179.85mg (17.98%), Vitamin A: 621.64IU (12.43%), Vitamin B12: 0.73µg (12.24%), Potassium: 323.94mg (9.26%), Vitamin B5: 0.92mg (9.19%), Zinc: 1.08mg (7.2%), Magnesium: 23.44mg (5.86%), Vitamin B1: 0.08mg (5.15%), Vitamin D: 0.71µg (4.74%), Selenium: 3.15µg (4.5%), Vitamin B6: 0.09mg (4.41%), Fiber: 0.93g (3.72%), Vitamin E: 0.42mg (2.78%), Folate: 6.61µg (1.65%), Copper: 0.03mg (1.58%)