



Pecan Pie Milkshakes

 Gluten Free

READY IN



10 min.

SERVINGS



2

CALORIES



309 kcal

BEVERAGE

DRINK

Ingredients

- 2 cups whipped cream softened
- 0.3 cup milk
- 0.1 slice pecans cold cut into chunks (from 9-inch pie)
- 1 serving garnish: whipped cream sweetened
- 1 halves pecans toasted chopped

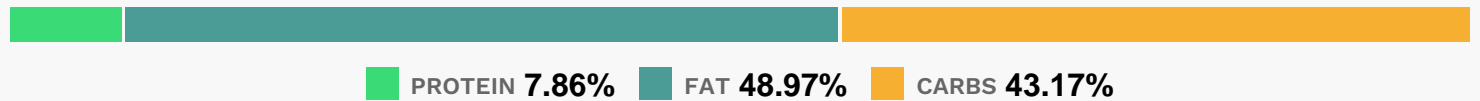
Equipment

- 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:87, Glycemic Load:19.37, Inflammation Score:-4, Nutrition Score:6.7517391313677%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg

Nutrients (% of daily need)

Calories: 309.24kcal (15.46%), Fat: 16.89g (25.99%), Saturated Fat: 10.17g (63.56%), Carbohydrates: 33.5g (11.17%), Net Carbohydrates: 32.53g (11.83%), Sugar: 30.2g (33.56%), Cholesterol: 65.24mg (21.75%), Sodium: 121.29mg (5.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.1g (12.2%), Calcium: 222.4mg (22.24%), Vitamin B2: 0.38mg (22.09%), Phosphorus: 183.9mg (18.39%), Vitamin A: 642.47IU (12.85%), Vitamin B12: 0.74µg (12.39%), Potassium: 330.4mg (9.44%), Vitamin B5: 0.93mg (9.33%), Zinc: 1.11mg (7.43%), Magnesium: 24.37mg (6.09%), Vitamin B1: 0.08mg (5.45%), Vitamin D: 0.72µg (4.82%), Selenium: 3.21µg (4.59%), Vitamin B6: 0.09mg (4.53%), Fiber: 0.98g (3.91%), Vitamin E: 0.44mg (2.96%), Copper: 0.04mg (1.89%), Manganese: 0.04mg (1.88%), Folate: 6.81µg (1.7%), Vitamin B3: 0.2mg (1.02%)