



Pecan Pie Milkshakes

 Gluten Free

READY IN



10 min.

SERVINGS



2

CALORIES



317 kcal

BEVERAGE

DRINK

Ingredients

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

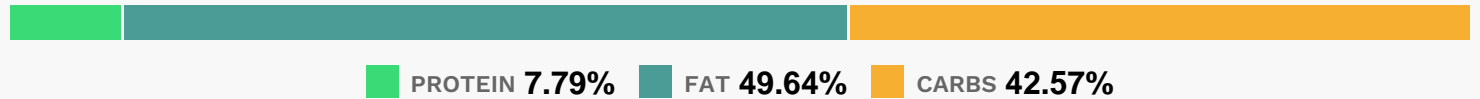
Equipment

- 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:87, Glycemic Load:19.58, Inflammation Score:-4, Nutrition Score:6.844347813855%

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: 316.95kcal (15.85%), Fat: 17.56g (27.01%), Saturated Fat: 10.58g (66.15%), Carbohydrates: 33.88g (11.29%), Net Carbohydrates: 32.9g (11.96%), Sugar: 30.44g (33.82%), Cholesterol: 67.52mg (22.51%), Sodium: 121.53mg (5.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.2g (12.39%), Calcium: 225.43mg (22.54%), Vitamin B2: 0.38mg (22.21%), Phosphorus: 186.57mg (18.66%), Vitamin A: 663.02IU (13.26%), Vitamin B12: 0.75µg (12.53%), Potassium: 334.81mg (9.57%), Vitamin B5: 0.94mg (9.42%), Zinc: 1.13mg (7.5%), Magnesium: 24.7mg (6.18%), Vitamin B1: 0.08mg (5.52%), Vitamin D: 0.74µg (4.9%), Selenium: 3.25µg (4.65%), Vitamin B6: 0.09mg (4.59%), Fiber: 0.98g (3.91%), Vitamin E: 0.46mg (3.08%), Copper: 0.04mg (1.91%), Manganese: 0.04mg (1.88%), Folate: 6.9µg (1.73%), Vitamin B3: 0.21mg (1.03%)