



Pineapple-Buttermilk Shake

 **Gluten Free**

READY IN

ready

45 min.

SERVINGS

servings

6

CALORIES

calories

468 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 cup firmly brown sugar packed
- ☐ 2 cups buttermilk
- ☐ 8 ounce pineapple chunks unsweetened frozen drained canned
- ☐ 1 quart whipped cream

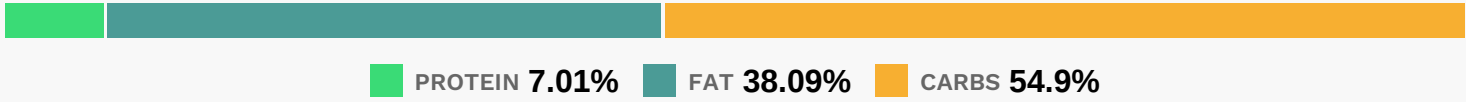
Equipment

- ☐ blender

Directions

- ☐ Process all ingredients in a blender until smooth, stopping to scrape down sides.
- ☐ Serve immediately.
- ☐ Light Pineapple-Buttermilk Shake: Substitute low-fat vanilla ice cream and fat-free buttermilk; reduce brown sugar to 1/3 cup. Proceed with recipe as directed, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:15.33, Glycemic Load:23.24, Inflammation Score:-5, Nutrition Score:9.9600000148234%

Nutrients (% of daily need)

Calories: 468.44kcal (23.42%), Fat: 20.04g (30.83%), Saturated Fat: 12.23g (76.45%), Carbohydrates: 64.99g (21.66%), Net Carbohydrates: 63.4g (23.05%), Sugar: 60.52g (67.24%), Cholesterol: 78.2mg (26.07%), Sodium: 215.69mg (9.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.3g (16.61%), Calcium: 315.15mg (31.52%), Vitamin B2: 0.52mg (30.83%), Phosphorus: 236.99mg (23.7%), Vitamin B12: 0.98µg (16.39%), Vitamin A: 814.92IU (16.3%), Potassium: 493.13mg (14.09%), Vitamin B5: 1.24mg (12.45%), Zinc: 1.44mg (9.57%), Vitamin B1: 0.14mg (9.39%), Magnesium: 37.4mg (9.35%), Vitamin D: 1.36µg (9.04%), Selenium: 6.17µg (8.81%), Vitamin B6: 0.14mg (7.02%), Fiber: 1.6g (6.38%), Vitamin C: 4.5mg (5.45%), Copper: 0.11mg (5.27%), Vitamin E: 0.54mg (3.58%), Folate: 13.96µg (3.49%), Iron: 0.4mg (2.23%), Vitamin B3: 0.38mg (1.91%), Manganese: 0.03mg (1.38%)