



Purple Cow Shakes

 Gluten Free

READY IN



5 min.

SERVINGS



4

CALORIES



236 kcal

BEVERAGE

DRINK

Ingredients

- 6 ounces orange juice concentrate frozen canned
- 1 cup milk
- 2 cups whipped cream

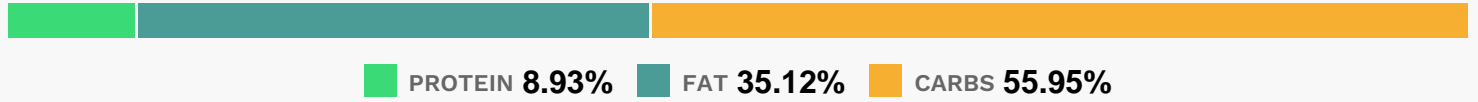
Equipment

- blender

Directions

- Put the grape juice concentrate and milk in the blender.
- Add the ice cream to the grape juice mixture.
- Cover blender with lid, and blend on high speed 30 seconds.
- Pour the shake into the drinking glasses, and serve right away.

Nutrition Facts



Properties

Glycemic Index:24.75, Glycemic Load:10.3, Inflammation Score:-6, Nutrition Score:10.298260916834%

Nutrients (% of daily need)

Calories: 236.16kcal (11.81%), Fat: 9.32g (14.34%), Saturated Fat: 5.64g (35.26%), Carbohydrates: 33.39g (11.13%), Net Carbohydrates: 32.51g (11.82%), Sugar: 29.56g (32.84%), Cholesterol: 36.36mg (12.12%), Sodium: 78.96mg (3.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.33g (10.66%), Vitamin C: 62.06mg (75.22%), Vitamin B2: 0.32mg (18.65%), Calcium: 175.67mg (17.57%), Phosphorus: 156.85mg (15.68%), Potassium: 490.32mg (14.01%), Vitamin B1: 0.18mg (11.88%), Vitamin A: 537.85IU (10.76%), Vitamin B12: 0.59µg (9.78%), Folate: 36.04µg (9.01%), Vitamin B6: 0.18mg (8.97%), Vitamin B5: 0.85mg (8.49%), Magnesium: 31.44mg (7.86%), Vitamin D: 0.8µg (5.35%), Zinc: 0.77mg (5.16%), Selenium: 2.52µg (3.6%), Fiber: 0.89g (3.55%), Vitamin E: 0.48mg (3.22%), Vitamin B3: 0.6mg (3.02%), Copper: 0.04mg (2.04%), Manganese: 0.03mg (1.41%), Iron: 0.2mg (1.11%)