



Shamrock Shake

 Vegetarian

READY IN



5 min.

SERVINGS



5

CALORIES



63 kcal

BEVERAGE

DRINK

Ingredients

- 2 Tbsp jell-o pistachio flavor pudding instant
- 1 cup milk
- 1 oreo mint milk chocolate covered cookie pure finely chopped

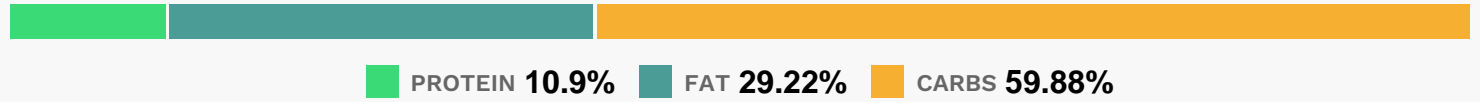
Equipment

Directions

- Pour milk into tall glass.

- Add dry pudding mix; stir 2 to 3 min. or until pudding mix is completely dissolved.
- Stir in chopped cookie.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:7.6, Glycemic Load:0.87, Inflammation Score:-1, Nutrition Score:2.0795651842719%

Nutrients (% of daily need)

Calories: 62.7kcal (3.14%), Fat: 2.06g (3.16%), Saturated Fat: 1.07g (6.68%), Carbohydrates: 9.48g (3.16%), Net Carbohydrates: 9.41g (3.42%), Sugar: 8.82g (9.8%), Cholesterol: 5.86mg (1.95%), Sodium: 113.05mg (4.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.73g (3.45%), Phosphorus: 93.2mg (9.32%), Calcium: 61.24mg (6.12%), Vitamin B12: 0.26µg (4.41%), Vitamin B2: 0.07mg (4.39%), Vitamin D: 0.54µg (3.58%), Potassium: 79.53mg (2.27%), Vitamin B1: 0.03mg (2.14%), Vitamin B5: 0.19mg (1.91%), Magnesium: 7.04mg (1.76%), Iron: 0.29mg (1.62%), Vitamin A: 79.22IU (1.58%), Selenium: 1.09µg (1.56%), Vitamin B6: 0.03mg (1.52%), Zinc: 0.22mg (1.48%)