



Shamrock Shake

 Vegetarian

READY IN



5 min.

SERVINGS



1

CALORIES



314 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

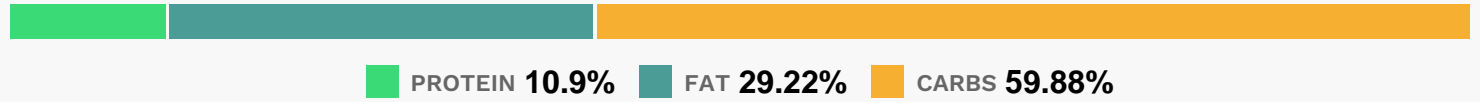
Equipment

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:38, Glycemic Load:4.33, Inflammation Score:-4, Nutrition Score:10.399130323659%

Nutrients (% of daily need)

Calories: 313.52kcal (15.68%), Fat: 10.28g (15.81%), Saturated Fat: 5.34g (33.4%), Carbohydrates: 47.38g (15.79%), Net Carbohydrates: 47.03g (17.1%), Sugar: 44.08g (48.98%), Cholesterol: 29.28mg (9.76%), Sodium: 565.24mg (24.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.63g (17.26%), Phosphorus: 466mg (46.6%), Calcium: 306.19mg (30.62%), Vitamin B12: 1.32µg (22.06%), Vitamin B2: 0.37mg (21.97%), Vitamin D: 2.68µg (17.89%), Potassium: 397.63mg (11.36%), Vitamin B1: 0.16mg (10.72%), Vitamin B5: 0.95mg (9.54%), Magnesium: 35.22mg (8.8%), Iron: 1.46mg (8.08%), Vitamin A: 396.11IU (7.92%), Selenium: 5.47µg (7.81%), Vitamin B6: 0.15mg (7.61%), Zinc: 1.11mg (7.38%), Manganese: 0.09mg (4.56%), Vitamin K: 4.05µg (3.86%), Copper: 0.07mg (3.5%), Vitamin B3: 0.57mg (2.85%), Vitamin E: 0.42mg (2.83%), Folate: 7.32µg (1.83%), Fiber: 0.35g (1.39%)