



Shamrock Shakes

 Gluten Free

READY IN



10 min.

SERVINGS



2

CALORIES



366 kcal

BEVERAGE

DRINK

Ingredients

- 9 drops food coloring green
- 1.3 cups milk
- 0.3 teaspoon mint extract to taste
- 2 cups whipped cream

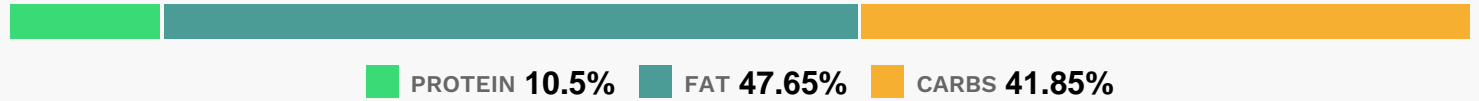
Equipment

- blender

Directions

- Blend ice cream, milk, mint extract, and food coloring together in a blender until smooth.
- Drizzle chocolate syrup around inside walls of 2 tall glasses; pour shake into glass. Top with whipped cream and green decorator sugar.

Nutrition Facts



Properties

Glycemic Index:49.5, Glycemic Load:21.15, Inflammation Score:-5, Nutrition Score:10.166521753954%

Nutrients (% of daily need)

Calories: 366.18kcal (18.31%), Fat: 19.4g (29.85%), Saturated Fat: 11.8g (73.75%), Carbohydrates: 38.34g (12.78%), Net Carbohydrates: 37.41g (13.6%), Sugar: 35.38g (39.31%), Cholesterol: 76.38mg (25.46%), Sodium: 163.6mg (7.11%), Alcohol: 0.17g (100%), Alcohol %: 0.08% (100%), Protein: 9.62g (19.24%), Calcium: 356.59mg (35.66%), Vitamin B2: 0.53mg (31.04%), Phosphorus: 292.65mg (29.27%), Vitamin B12: 1.34µg (22.31%), Vitamin A: 802.77IU (16.06%), Potassium: 492.17mg (14.06%), Vitamin B5: 1.34mg (13.36%), Vitamin D: 1.94µg (12.94%), Zinc: 1.54mg (10.24%), Vitamin B1: 0.14mg (9.31%), Magnesium: 36.84mg (9.21%), Vitamin B6: 0.16mg (7.83%), Selenium: 5.27µg (7.53%), Fiber: 0.92g (3.7%), Vitamin E: 0.47mg (3.15%), Folate: 6.6µg (1.65%), Copper: 0.03mg (1.61%), Vitamin B3: 0.32mg (1.58%)