

S'more Shake

 Gluten Free

READY IN



12 min.

SERVINGS



4

CALORIES



669 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 4 servings chocolate chips mini
- ☐ 0.7 cup topping hot
- ☐ 4 cups marshmallows mini
- ☐ 4 cups whipped cream
- ☐ 1.5 cups milk whole

Equipment

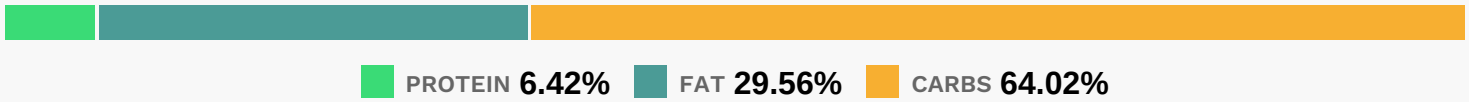
- ☐ baking sheet
- ☐ baking paper

- ☐ blender
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ Place marshmallows on a parchment paper- or aluminum foil-lined baking sheet. Broil 30 seconds or until golden brown.
- ☐ Let cool.
- ☐ Combine milk, ice cream, fudge sauce, and half of marshmallows in a blender; process until smooth and creamy.
- ☐ Pour into glasses. Top with remaining toasted marshmallows, and garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:39.88, Glycemic Load:44.63, Inflammation Score:-5, Nutrition Score:11.348695661711%

Nutrients (% of daily need)

Calories: 669.49kcal (33.47%), Fat: 22.29g (34.29%), Saturated Fat: 12.85g (80.34%), Carbohydrates: 108.63g (36.21%), Net Carbohydrates: 106.21g (38.62%), Sugar: 79.44g (88.27%), Cholesterol: 69.72mg (23.24%), Sodium: 356.36mg (15.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 3.55mg (1.18%), Protein: 10.9g (21.8%), Calcium: 308.99mg (30.9%), Vitamin B2: 0.49mg (28.8%), Phosphorus: 284.16mg (28.42%), Vitamin B12: 1.04µg (17.32%), Potassium: 546.32mg (15.61%), Vitamin A: 707.2IU (14.14%), Magnesium: 54.78mg (13.7%), Copper: 0.26mg (12.8%), Vitamin E: 1.77mg (11.83%), Vitamin B5: 1.17mg (11.71%), Zinc: 1.73mg (11.51%), Manganese: 0.21mg (10.31%), Fiber: 2.42g (9.68%), Selenium: 6.13µg (8.76%), Vitamin D: 1.27µg (8.47%), Vitamin B1: 0.12mg (8.21%), Vitamin B6: 0.13mg (6.54%), Iron: 0.9mg (5.03%), Folate: 9.13µg (2.28%), Vitamin B3: 0.41mg (2.07%), Vitamin K: 1.94µg (1.84%), Vitamin C: 0.9mg (1.09%)