



Snickerdoodle Shakes

READY IN



10 min.

SERVINGS



2

CALORIES



433 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 cups whipped cream softened
- ☐ 0.3 cup milk
- ☐ 0.8 teaspoon ground cinnamon
- ☐ 2 grands flaky refrigerator biscuits cooled quartered (3-inch)
- ☐ 1 serving garnish: whipped cream sweetened
- ☐ 1 serving grands flaky refrigerator biscuits crumbled
- ☐ 1 serving ground cinnamon

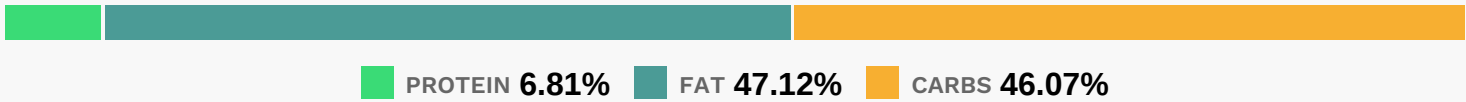
Equipment

☐ blender

Directions

- ☐ In blender, place ice cream, milk and cinnamon. Cover and blend on high speed until smooth and creamy.
- ☐ Add cookie pieces; cover and blend until smooth, stopping blender to scrape down sides if necessary.
- ☐ Pour into 2 glasses; top with sweetened whipped cream; sprinkle with crumbled cookies and cinnamon.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:146, Glycemic Load:28.99, Inflammation Score:-5, Nutrition Score:9.6221739831178%

Nutrients (% of daily need)

Calories: 433.03kcal (21.65%), Fat: 22.8g (35.07%), Saturated Fat: 12.08g (75.53%), Carbohydrates: 50.15g (16.72%), Net Carbohydrates: 47.98g (17.45%), Sugar: 35.4g (39.34%), Cholesterol: 65.24mg (21.75%), Sodium: 206.19mg (8.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.41g (14.82%), Vitamin B2: 0.45mg (26.53%), Calcium: 242.66mg (24.27%), Manganese: 0.42mg (21.03%), Phosphorus: 199.3mg (19.93%), Vitamin A: 667.95IU (13.36%), Vitamin B12: 0.74µg (12.39%), Vitamin B1: 0.16mg (10.87%), Potassium: 356.75mg (10.19%), Vitamin B5: 1.01mg (10.07%), Fiber: 2.17g (8.66%), Zinc: 1.24mg (8.26%), Vitamin E: 1.06mg (7.08%), Magnesium: 28.1mg (7.03%), Selenium: 4.73µg (6.76%), Folate: 26.24µg (6.56%), Vitamin B6: 0.11mg (5.46%), Iron: 0.98mg (5.45%), Vitamin B3: 1.01mg (5.04%), Vitamin D: 0.72µg (4.82%), Vitamin K: 3.76µg (3.58%), Copper: 0.06mg (2.93%), Vitamin C: 0.86mg (1.04%)