



St. Patrick's Day Mint Shakes

 Gluten Free

READY IN



5 min.

SERVINGS



2

CALORIES



313 kcal

BEVERAGE

DRINK

Ingredients

- 3 drops liquid food coloring green
- 0.5 teaspoon peppermint extract
- 0.5 teaspoon vanilla extract pure
- 2 cups whipped cream
- 2 servings whipped cream and sanding sugar green for garnish
- 0.3 cup milk whole

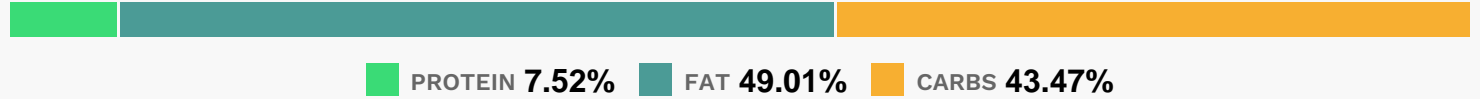
Equipment

- blender

Directions

- Blend the ice cream, milk, peppermint extract, vanilla and food coloring in a blender until smooth.
- Pour into one or two serving glasses and garnish with whipped cream and sanding sugar.

Nutrition Facts



Properties

Glycemic Index:77, Glycemic Load:19.39, Inflammation Score:-4, Nutrition Score:6.4117391783258%

Nutrients (% of daily need)

Calories: 312.72kcal (15.64%), Fat: 16.83g (25.89%), Saturated Fat: 10.36g (64.75%), Carbohydrates: 33.58g (11.19%), Net Carbohydrates: 32.65g (11.87%), Sugar: 30.18g (33.54%), Cholesterol: 66.3mg (22.1%), Sodium: 117.85mg (5.12%), Alcohol: 0.69g (100%), Alcohol %: 0.51% (100%), Protein: 5.81g (11.63%), Vitamin B2: 0.36mg (21.45%), Calcium: 212.76mg (21.28%), Phosphorus: 174.87mg (17.49%), Vitamin A: 646.23IU (12.92%), Vitamin B12: 0.7µg (11.62%), Potassium: 320.21mg (9.15%), Vitamin B5: 0.9mg (9%), Zinc: 1.06mg (7.07%), Magnesium: 23.04mg (5.76%), Vitamin B1: 0.07mg (4.91%), Selenium: 3.04µg (4.34%), Vitamin B6: 0.08mg (4.25%), Vitamin D: 0.62µg (4.16%), Fiber: 0.92g (3.7%), Vitamin E: 0.45mg (3%), Folate: 6.78µg (1.7%), Copper: 0.03mg (1.64%)