



WHATSheATE



Strawberry Cream Milkshake

READY IN



10 min.

SERVINGS



2

CALORIES



618 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 ounce cream cheese
- ☐ 2 tablespoons milk
- ☐ 1 shot raspberry liqueur
- ☐ 0.5 cup all-natural strawberry jam
- ☐ 1 cup whipped cream
- ☐ 2 servings whipped cream crushed sliced for garnish

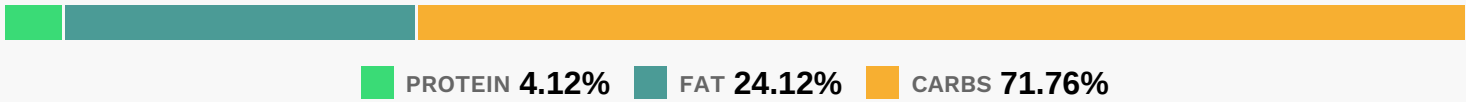
Equipment

- ☐ blender

Directions

- ☐
- Blend the ice cream, jam, cream cheese, liqueur, milk and 3 ice cubes in a blender on medium speed until thick and smooth. Divide among small glasses. Top with whipped cream, crushed graham crackers and/or sliced strawberries.
- ☐
- Photograph by Charles Masters

Nutrition Facts



Properties

Glycemic Index:127.5, Glycemic Load:56.48, Inflammation Score:-4, Nutrition Score:7.5095652600993%

Nutrients (% of daily need)

Calories: 618.01kcal (30.9%), Fat: 15.54g (23.91%), Saturated Fat: 8.09g (50.58%), Carbohydrates: 104.04g (34.68%), Net Carbohydrates: 101.69g (36.98%), Sugar: 70g (77.77%), Cholesterol: 45.16mg (15.05%), Sodium: 316.49mg (13.76%), Alcohol: 5.72g (100%), Alcohol %: 3.15% (100%), Caffeine: 5.72mg (1.91%), Protein: 5.97g (11.93%), Vitamin B2: 0.35mg (20.36%), Phosphorus: 173.65mg (17.36%), Calcium: 156.02mg (15.6%), Vitamin A: 492.53IU (9.85%), Vitamin C: 7.88mg (9.55%), Fiber: 2.35g (9.4%), Iron: 1.66mg (9.23%), Potassium: 294.16mg (8.4%), Magnesium: 32.9mg (8.22%), Zinc: 1.19mg (7.92%), Vitamin B1: 0.12mg (7.8%), Folate: 26.81µg (6.7%), Selenium: 4.46µg (6.37%), Vitamin B12: 0.37µg (6.16%), Vitamin B3: 1.23mg (6.13%), Copper: 0.12mg (6%), Vitamin B5: 0.54mg (5.37%), Vitamin B6: 0.09mg (4.69%), Vitamin E: 0.43mg (2.86%), Manganese: 0.05mg (2.26%), Vitamin D: 0.3µg (1.98%)