



Sunny's Thick O.G. Snap Shake

 Gluten Free

READY IN



55 min.

SERVINGS



8

CALORIES



327 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 teaspoon allspice
- ☐ 0.5 cinnamon sticks
- ☐ 1 inches ginger peeled sliced
- ☐ 0.5 cup milk
- ☐ 4.5 teaspoons blackstrap molasses
- ☐ 6 ounces orange juice frozen
- ☐ 2 cups sugar
- ☐ 3 cups whipped cream

☐ 1 cup water

Equipment

☐ bowl

☐ pot

☐ blender

Directions

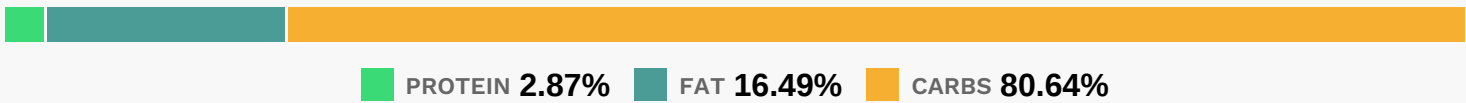
☐ Watch how to make this recipe.

☐ In a small pot add the water, sugar, ginger, cinnamon and allspice. Bring to a boil over medium heat, stirring to dissolve the sugar, then lower the heat and simmer until slightly thickened.

☐ Remove from heat and strain into a bowl. Refrigerate the syrup until cool.

☐ Pour the syrup into a blender and add the frozen orange juice, molasses, ice cream and milk. Blend until smooth and serve.

Nutrition Facts



Properties

Glycemic Index:37.51, Glycemic Load:44.55, Inflammation Score:-3, Nutrition Score:4.2404347722945%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.54mg, Hesperetin: 2.54mg, Hesperetin: 2.54mg, Hesperetin: 2.54mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 326.67kcal (16.33%), Fat: 6.16g (9.48%), Saturated Fat: 3.66g (22.85%), Carbohydrates: 67.77g (22.59%), Net Carbohydrates: 67.22g (24.44%), Sugar: 65.87g (73.19%), Cholesterol: 23.61mg (7.87%), Sodium: 49.28mg (2.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.41g (4.83%), Vitamin C: 11.03mg (13.37%), Calcium: 97.07mg (9.71%), Vitamin B2: 0.16mg (9.19%), Phosphorus: 72.79mg (7.28%), Potassium: 228.27mg (6.52%), Manganese: 0.11mg (5.68%), Vitamin A: 276.94IU (5.54%), Magnesium: 21.6mg (5.4%), Vitamin B12: 0.28µg (4.59%), Vitamin B5: 0.42mg (4.19%), Vitamin B6: 0.07mg (3.5%), Vitamin B1: 0.05mg (3.33%), Selenium: 2.22µg (3.17%), Zinc: 0.44mg (2.95%), Copper: 0.05mg (2.59%), Folate: 9.01µg (2.25%), Fiber: 0.55g (2.2%), Iron: 0.33mg (1.83%),

Vitamin D: 0.27µg (1.78%), Vitamin E: 0.17mg (1.15%), Vitamin B3: 0.21mg (1.04%)