



Sweetened Condensed Milk



Vegetarian



Gluten Free



Low Fod Map

READY IN



5 min.

SERVINGS



9

CALORIES



281 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 6 tablespoons butter
- ☐ 2.7 cups nonfat milk powder dry
- ☐ 0.8 cup water boiling
- ☐ 1 cup sugar white

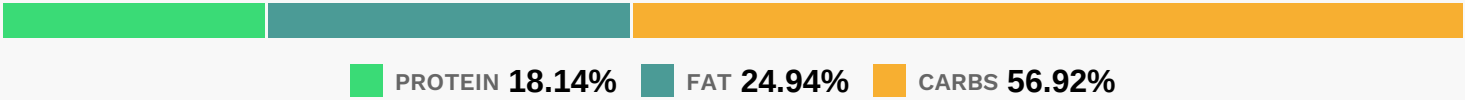
Equipment

- ☐ blender

Directions

☐ Combine water, butter, sugar and milk powder in a blender and blend until thickened, 2 minutes. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:13.34, Glycemic Load:15.52, Inflammation Score:-7, Nutrition Score:12.063478157572%

Nutrients (% of daily need)

Calories: 281.19kcal (14.06%), Fat: 7.91g (12.18%), Saturated Fat: 4.97g (31.09%), Carbohydrates: 40.63g (13.54%), Net Carbohydrates: 40.63g (14.77%), Sugar: 40.67g (45.19%), Cholesterol: 27.18mg (9.06%), Sodium: 251.44mg (10.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.95g (25.9%), Calcium: 451.05mg (45.11%), Phosphorus: 346.42mg (34.64%), Vitamin B2: 0.56mg (32.85%), Vitamin D: 3.91µg (26.07%), Vitamin B12: 1.45µg (24.15%), Vitamin A: 1008IU (20.16%), Potassium: 639.13mg (18.26%), Selenium: 9.93µg (14.19%), Vitamin B5: 1.28mg (12.79%), Magnesium: 39.49mg (9.87%), Vitamin B1: 0.15mg (9.87%), Zinc: 1.46mg (9.76%), Vitamin B6: 0.13mg (6.43%), Folate: 18.06µg (4.51%), Vitamin C: 2.42mg (2.93%), Vitamin B3: 0.34mg (1.71%), Vitamin E: 0.22mg (1.44%)