



The Elvis Milkshake

 Vegetarian  Gluten Free



READY IN

ready

10 min.

SERVINGS

servings

2

CALORIES

calories

676 kcal

DESSERT

BEVERAGE

DRINK

Ingredients

- ☐ 0.3 teaspoon almond extract
- ☐ 1 banana cut into thirds
- ☐ 3 tablespoons chocolate syrup
- ☐ 3 tablespoons creamy peanut butter
- ☐ 0.5 cup heavy cream chilled
- ☐ 0.3 cup milk
- ☐ 1.5 tablespoons sugar
- ☐ 0.5 teaspoon vanilla extract pure

☐ 2 scoops whipped cream

Equipment

☐ bowl

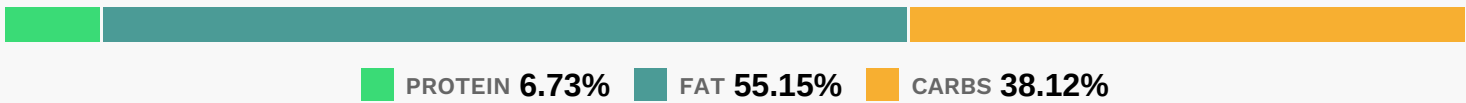
☐ whisk

☐ blender

Directions

- ☐ Combine the heavy cream, vanilla extract, almond extract and sugar in a large bowl.
- ☐ Whisk until soft peaks form and set aside.
- ☐ Combine the ice cream, bananas, peanut butter, chocolate syrup and milk in a blender and puree until smooth.
- ☐ Divide the mixture between 2 frosted glasses and garnish with a dollop or 2 of whipped cream.

Nutrition Facts



Properties

Glycemic Index:118.93, Glycemic Load:23.16, Inflammation Score:-8, Nutrition Score:14.836521749911%

Flavonoids

Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 675.68kcal (33.78%), Fat: 42.54g (65.45%), Saturated Fat: 21.38g (133.62%), Carbohydrates: 66.18g (22.06%), Net Carbohydrates: 62.25g (22.64%), Sugar: 50.98g (56.65%), Cholesterol: 99.93mg (33.31%), Sodium: 205.83mg (8.95%), Alcohol: 0.52g (100%), Alcohol %: 0.23% (100%), Protein: 11.67g (23.35%), Manganese: 0.64mg (31.83%), Phosphorus: 267.74mg (26.77%), Vitamin A: 1239.68IU (24.79%), Vitamin B2: 0.42mg (24.67%), Magnesium: 93.24mg (23.31%), Vitamin E: 3.01mg (20.08%), Vitamin B6: 0.4mg (19.82%), Vitamin B3: 3.83mg (19.17%), Potassium: 649.79mg (18.57%), Calcium: 180.43mg (18.04%), Copper: 0.32mg (16.21%), Fiber: 3.93g (15.71%), Vitamin B5: 1.1mg (11.05%), Zinc: 1.64mg (10.95%), Folate: 38.72µg (9.68%), Vitamin D: 1.42µg (9.46%),

Vitamin B12: 0.52µg (8.62%), Selenium: 5.6µg (8%), Iron: 1.33mg (7.37%), Vitamin B1: 0.11mg (7.35%), Vitamin C: 5.95mg (7.21%), Vitamin K: 2.71µg (2.58%)