

Thick Chocolate Shake

READY IN



10 min.

SERVINGS



2

CALORIES



386 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.3 cup powdered chocolate drink mix
- ☐ 1 teaspoon powdered egg whites
- ☐ 2 cups whipped cream
- ☐ 0.5 cup milk whole

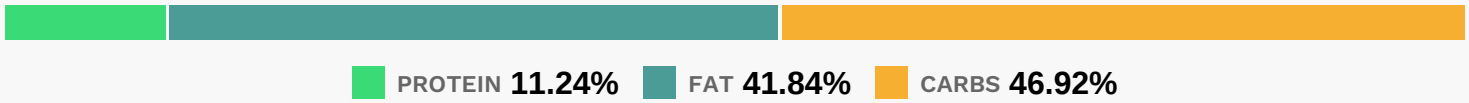
Equipment

- ☐ blender

Directions

In a blender, combine the ice cream, milk, chocolate drink mix and powdered egg whites. Cover, and blend until smooth. You may need to stop and stir once or twice to get it evenly mixed. The shake will be very thick.

Nutrition Facts



Properties

Glycemic Index:49.5, Glycemic Load:19.52, Inflammation Score:-5, Nutrition Score:10.00739112626%

Nutrients (% of daily need)

Calories: 386.13kcal (19.31%), Fat: 17.96g (27.63%), Saturated Fat: 10.84g (67.76%), Carbohydrates: 45.32g (15.11%), Net Carbohydrates: 44.38g (16.14%), Sugar: 38.49g (42.77%), Cholesterol: 69.15mg (23.05%), Sodium: 223.61mg (9.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.85g (21.7%), Vitamin B2: 0.61mg (35.71%), Calcium: 292.08mg (29.21%), Phosphorus: 258.88mg (25.89%), Vitamin B12: 0.97µg (16.23%), Potassium: 500.34mg (14.3%), Vitamin A: 689.54IU (13.79%), Selenium: 9.18µg (13.12%), Vitamin B1: 0.17mg (11.15%), Vitamin B5: 1.11mg (11.11%), Magnesium: 42.5mg (10.62%), Zinc: 1.32mg (8.79%), Vitamin B6: 0.17mg (8.28%), Vitamin D: 0.94µg (6.23%), Vitamin B3: 1.06mg (5.29%), Fiber: 0.94g (3.76%), Folate: 14.23µg (3.56%), Copper: 0.06mg (3.25%), Vitamin E: 0.48mg (3.22%), Manganese: 0.05mg (2.51%), Vitamin C: 1.25mg (1.51%), Vitamin K: 1.42µg (1.35%), Iron: 0.23mg (1.29%)