



Toasted Marshmallow Cookies and Cream Milkshake

♥ Popular

READY IN



45 min.

SERVINGS



4

CALORIES



654 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 6 marshmallows
- ☐ 1 cup milk
- ☐ 6 oreo cookies
- ☐ 6 cups whipped cream

Equipment

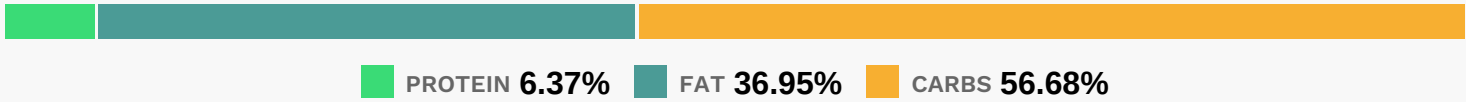
- ☐ baking sheet
- ☐ oven

☐ blender

Directions

- ☐ Preheat oven to 400 degrees F. and line a baking sheet with a silpat liner, no substitutions. Line Jumbo marshmallows up in the center of the baking sheet.
- ☐ Bake for 10–15 minutes until golden and toasted.
- ☐ Remove from oven.
- ☐ Place ice cream, milk and toasted marshmallows into a blender. Blend until well combined.
- ☐ Add Oreo Cookies and blend just slightly so that there are cookie chunks in shake.
- ☐ Pour into glasses and enjoy!

Nutrition Facts



Properties

Glycemic Index:39.88, Glycemic Load:47.9, Inflammation Score:-6, Nutrition Score:12.139565343442%

Nutrients (% of daily need)

Calories: 654kcal (32.7%), Fat: 27.25g (41.92%), Saturated Fat: 15.62g (97.61%), Carbohydrates: 94.06g (31.35%), Net Carbohydrates: 92.12g (33.5%), Sugar: 74.7g (83%), Cholesterol: 94.44mg (31.48%), Sodium: 282.62mg (12.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.57g (21.14%), Vitamin B2: 0.6mg (35.45%), Calcium: 333.42mg (33.34%), Phosphorus: 289.37mg (28.94%), Vitamin A: 932.76IU (18.66%), Vitamin B12: 1.1µg (18.36%), Potassium: 529.59mg (15.13%), Vitamin B5: 1.43mg (14.34%), Iron: 2.45mg (13.59%), Zinc: 1.77mg (11.77%), Magnesium: 44.28mg (11.07%), Vitamin B1: 0.15mg (10.08%), Selenium: 6.32µg (9.03%), Fiber: 1.95g (7.79%), Copper: 0.14mg (7.21%), Manganese: 0.14mg (7.17%), Vitamin E: 1.07mg (7.13%), Vitamin D: 1.07µg (7.11%), Vitamin B6: 0.14mg (6.88%), Vitamin K: 5.71µg (5.44%), Folate: 21.27µg (5.32%), Vitamin B3: 0.79mg (3.96%), Vitamin C: 1.19mg (1.44%)