



Vanilla Coffee Shake

 Gluten Free

READY IN



5 min.

SERVINGS



4

CALORIES



174 kcal

BEVERAGE

DRINK

Ingredients

- 4 servings ice cubes
- 1 Tbsp maxwell house coffee instant
- 1 pkg jell-o vanilla flavor pudding instant (4-serving size)
- 1 cup milk
- 1 cup cool whip whipped topping (Do not thaw.)

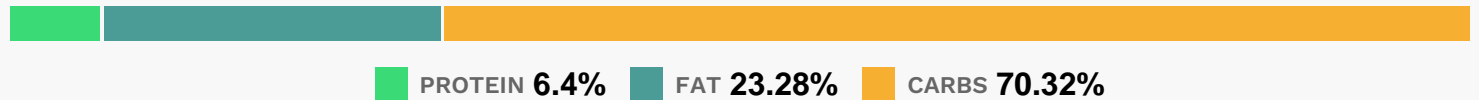
Equipment

- blender
- measuring cup

Directions

- Pour milk into 1-qt. glass measuring cup.
- Add enough ice to measure 3 cups.
- Pour into blender.
- Add frozen whipped topping, dry pudding mix and coffee granules.
- Blend on high speed until smooth.
- Pour into four glasses.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:1.08, Inflammation Score:-1, Nutrition Score:2.7391304172899%

Nutrients (% of daily need)

Calories: 173.97kcal (8.7%), Fat: 4.51g (6.94%), Saturated Fat: 3.28g (20.48%), Carbohydrates: 30.66g (10.22%), Net Carbohydrates: 30.51g (11.1%), Sugar: 26.4g (29.33%), Cholesterol: 7.7mg (2.57%), Sodium: 192.34mg (8.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 39.25mg (13.08%), Protein: 2.79g (5.58%), Calcium: 92.99mg (9.3%), Phosphorus: 79.75mg (7.98%), Vitamin B2: 0.11mg (6.18%), Vitamin B12: 0.37µg (6.11%), Potassium: 159.49mg (4.56%), Vitamin D: 0.67µg (4.47%), Magnesium: 13.28mg (3.32%), Selenium: 1.98µg (2.83%), Vitamin B1: 0.04mg (2.53%), Vitamin B5: 0.23mg (2.29%), Vitamin A: 112.69IU (2.25%), Vitamin B3: 0.44mg (2.18%), Vitamin B6: 0.04mg (2.07%), Zinc: 0.28mg (1.89%), Manganese: 0.03mg (1.29%)