



## Vanilla Coffee Shake

 **Gluten Free**

READY IN



**5 min.**

SERVINGS



**5**

CALORIES



**139 kcal**

BEVERAGE

DRINK

### Ingredients

- 5 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:7.6, Glycemic Load:0.87, Inflammation Score:-1, Nutrition Score:2.1973912864923%

## Nutrients (% of daily need)

Calories: 139.18kcal (6.96%), Fat: 3.61g (5.55%), Saturated Fat: 2.62g (16.39%), Carbohydrates: 24.52g (8.17%), Net Carbohydrates: 24.41g (8.88%), Sugar: 21.12g (23.47%), Cholesterol: 6.16mg (2.05%), Sodium: 154.43mg (6.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 31.4mg (10.47%), Protein: 2.23g (4.46%), Calcium: 74.72mg (7.47%), Phosphorus: 63.8mg (6.38%), Vitamin B2: 0.08mg (4.95%), Vitamin B12: 0.29µg (4.89%), Potassium: 127.59mg (3.65%), Vitamin D: 0.54µg (3.58%), Magnesium: 10.74mg (2.68%), Selenium: 1.59µg (2.27%), Vitamin B1: 0.03mg (2.03%), Vitamin B5: 0.18mg (1.83%), Vitamin A: 90.16IU (1.8%), Vitamin B3: 0.35mg (1.74%), Vitamin B6: 0.03mg (1.65%), Zinc: 0.23mg (1.52%), Manganese: 0.02mg (1.03%)