

Vanilla Milkshake II



Gluten Free



Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



455 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 cup half-and-half cream
- ☐ 0.1 teaspoon vanilla extract
- ☐ 1 scoop whipped cream

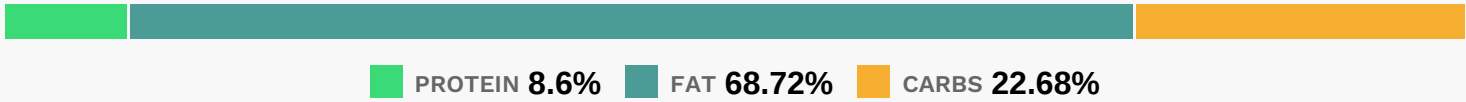
Equipment

- ☐ blender

Directions

- ☐
- In a blender, combine ice cream, half-and-half and vanilla extract. Blend until smooth.
- ☐
- Pour into glass and serve.

Nutrition Facts



Properties

Glycemic Index:61, Glycemic Load:9.22, Inflammation Score:-6, Nutrition Score:9.8439129461413%

Nutrients (% of daily need)

Calories: 455.08kcal (22.75%), Fat: 35.09g (53.99%), Saturated Fat: 21.49g (134.34%), Carbohydrates: 26.05g (8.68%), Net Carbohydrates: 25.58g (9.3%), Sugar: 24.05g (26.72%), Cholesterol: 113.74mg (37.91%), Sodium: 200.46mg (8.72%), Alcohol: 0.17g (100%), Alcohol %: 0.07% (100%), Protein: 9.88g (19.77%), Vitamin B2: 0.63mg (36.96%), Calcium: 343.48mg (34.35%), Phosphorus: 299.23mg (29.92%), Vitamin A: 1134.54IU (22.69%), Potassium: 451.52mg (12.9%), Selenium: 8.93µg (12.76%), Vitamin B12: 0.72µg (11.95%), Vitamin B5: 1.08mg (10.83%), Zinc: 1.4mg (9.33%), Magnesium: 33.5mg (8.38%), Vitamin B6: 0.15mg (7.64%), Vitamin B1: 0.1mg (6.65%), Vitamin E: 0.8mg (5.35%), Vitamin K: 3.34µg (3.18%), Vitamin C: 2.57mg (3.12%), Folate: 10.56µg (2.64%), Copper: 0.04mg (1.87%), Fiber: 0.46g (1.85%), Vitamin B3: 0.34mg (1.71%), Iron: 0.18mg (1.01%)