

Vanilla Milkshake IV

 Gluten Free

READY IN



5 min.

SERVINGS



1

CALORIES



854 kcal

DESSERT

BEVERAGE

DRINK

Ingredients

- 0.5 cup maple syrup pure
- 1 cup milk
- 2 scoops whipped cream

Equipment

- blender

Directions

In a blender, combine ice cream, milk and maple syrup. Blend until smooth.

Nutrition Facts



Properties

Glycemic Index:135.5, Glycemic Load:62.37, Inflammation Score:-6, Nutrition Score:22.396956472293%

Nutrients (% of daily need)

Calories: 854.34kcal (42.72%), Fat: 22.33g (34.35%), Saturated Fat: 13.5g (84.38%), Carbohydrates: 151.03g (50.34%), Net Carbohydrates: 150.1g (54.58%), Sugar: 136.19g (151.32%), Cholesterol: 87.36mg (29.12%), Sodium: 212.81mg (9.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.62g (25.25%), Manganese: 3.72mg (186.17%), Vitamin B2: 2.7mg (158.72%), Calcium: 644.57mg (64.46%), Phosphorus: 385.04mg (38.5%), Vitamin B12: 1.83µg (30.54%), Potassium: 990.93mg (28.31%), Magnesium: 81.57mg (20.39%), Zinc: 3.04mg (20.25%), Vitamin B1: 0.3mg (19.8%), Vitamin D: 2.95µg (19.65%), Vitamin A: 951IU (19.02%), Vitamin B5: 1.68mg (16.77%), Vitamin B6: 0.21mg (10.61%), Selenium: 7.01µg (10.02%), Fiber: 0.92g (3.7%), Vitamin E: 0.52mg (3.45%), Vitamin B3: 0.54mg (2.7%), Folate: 6.6µg (1.65%), Iron: 0.3mg (1.64%), Copper: 0.03mg (1.64%), Vitamin K: 1.13µg (1.07%)