

## Wreck in a Glass

READY IN



10 min.

SERVINGS



2

CALORIES



587 kcal

SIDE DISH

## Ingredients

- ☐ 1 cup cinnamon cereal
- ☐ 6 chocolate chip cookie mix such as tates
- ☐ 2 servings candy for garnish
- ☐ 0.5 cup milk
- ☐ 2 tablespoons the last of an old peanut butter jar
- ☐ 6 pretzels
- ☐ 1 cup whipped cream softened

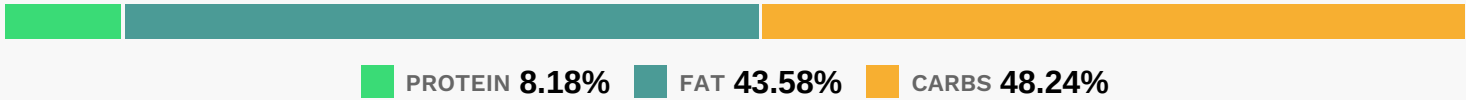
## Equipment

☐ blender

## Directions

- ☐ Put the cereal, ice cream, milk, cookies, pretzels and peanut butter into a blender, and hope for the best.
- ☐ Garnish with colorful leftover candy.

## Nutrition Facts



## Properties

Glycemic Index:158.46, Glycemic Load:32.02, Inflammation Score:-8, Nutrition Score:21.304782688618%

## Nutrients (% of daily need)

Calories: 587.15kcal (29.36%), Fat: 29.35g (45.16%), Saturated Fat: 12.66g (79.14%), Carbohydrates: 73.11g (24.37%), Net Carbohydrates: 66.78g (24.29%), Sugar: 42.47g (47.18%), Cholesterol: 41.25mg (13.75%), Sodium: 418.49mg (18.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.39g (24.79%), Manganese: 0.98mg (49.19%), Folate: 178µg (44.5%), Iron: 6.65mg (36.97%), Vitamin B2: 0.62mg (36.62%), Vitamin B3: 6.43mg (32.13%), Vitamin B1: 0.46mg (30.99%), Phosphorus: 294.96mg (29.5%), Vitamin B12: 1.59µg (26.45%), Magnesium: 101.16mg (25.29%), Fiber: 6.32g (25.28%), Vitamin B6: 0.48mg (24.11%), Selenium: 13.64µg (19.48%), Calcium: 194.36mg (19.44%), Vitamin A: 910.28IU (18.21%), Zinc: 2.31mg (15.39%), Potassium: 486.43mg (13.9%), Vitamin E: 1.85mg (12.36%), Vitamin D: 1.46µg (9.75%), Vitamin B5: 0.96mg (9.64%), Copper: 0.19mg (9.38%)