



Healthdor

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## Medium Pineapple Shake ♦♦

A refreshing pineapple shake that is perfect for a hot summer day. It is made with fresh pineapple, ice cream, and milk, blended together until smooth and creamy. This shake is a delicious treat that can be enjoyed by everyone.

**Recipe Type:** Standard

**Prep Time:** 10 mins

**Cook Time:** N/A

**Total Time:** 10 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 2

**Serving Size:** 250 g

### Ingredients

200 g	fresh pineapple
200 g	vanilla ice cream
300 ml	Milk

### Directions

## Step 1

Cut

Peel and chop the fresh pineapple into small pieces.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 2

Blending

Add the chopped pineapple, vanilla ice cream, and milk to a blender.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 3

Blending

Blend until smooth and creamy.

**Prep Time:** 3 mins

**Cook Time:** 0 mins

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## Step 4

Serving

Pour the pineapple shake into glasses and serve chilled.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 250 kcal

**Fat:** 12 g

**Protein:** 5 g

**Carbohydrates:** 30 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fibers	2 g	5.26%	8%
Sugars	25 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	6 g	27.27%	35.29%
Fat	12 g	42.86%	48%
Cholesterol	30 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	70 mg	77.78%	93.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	1 mcg	6.67%	6.67%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	100 mg	4.35%	4.35%
Calcium	15 mg	1.5%	1.5%
Iron	4 mg	50%	22.22%
Potassium	200 mg	5.88%	7.69%
Zinc	1 mg	9.09%	12.5%
Selenium	2 mcg	3.64%	3.64%

## Recipe Attributes

### Seasonality

Summer Fall

### Events

Game Day

### Course

Drinks Salads Snacks

### Cultural

Chinese New Year Diwali Oktoberfest Ramadan Thanksgiving Easter

### Cost

Under \$10 \$20 to \$30 \$40 to \$50

### Demographics

Kids Friendly

Teen Friendly

Lactation Friendly

Diabetic Friendly

### Diet

Mediterranean Diet

### Meal Type

Lunch

Snack

Supper

### Difficulty Level

Medium

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