



Healthdor

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Chocolate Hazelnut Banana Frozen Shake

A delicious frozen shake made with chocolate, hazelnut, and banana. Perfect for a hot summer day!

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 | Banana |
| 150 g | chocolate ice cream |
| 50 g | hazelnut spread |
| 200 ml | Milk |
| 100 g | ice cubes |

Directions

Step 1

Cut

Peel and slice the banana.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

Blender

Add the banana, chocolate ice cream, hazelnut spread, milk, and ice cubes to a blender.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Blender

Blend until smooth and creamy.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Serving

Pour into glasses and serve.

Prep Time: 2 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 400 kcal

Fat: 25 g

Protein: 5 g

Carbohydrates: 40 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 | 40 g | 72.73% | 80% |
| Fibers | 5 g | 13.16% | 20% |
| Sugars | 30 g | N/A | N/A |
| Lactose | 0 g | N/A | N/A |

Fats

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------------|-------|------------------------|--------------------------|
| Monounsaturated Fat | 10 g | N/A | N/A |
| Saturated Fat | 15 g | 68.18% | 88.24% |
| Fat | 25 g | 89.29% | 100% |
| 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 | 20 mg | 22.22% | 26.67% |
| Vitamin B6 | 2 mg | 153.85% | 153.85% |
| Vitamin B12 | 4 mcg | 166.67% | 166.67% |
| Vitamin E | 8 mg | 53.33% | 53.33% |

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|-------|------------------------|--------------------------|
| Vitamin D | 0 mcg | 0% | 0% |

Minerals

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|--------|------------------------|--------------------------|
| Sodium | 100 mg | 4.35% | 4.35% |
| Calcium | 15 mg | 1.5% | 1.5% |
| Iron | 10 mg | 125% | 55.56% |
| Potassium | 500 mg | 14.71% | 19.23% |
| Zinc | 2 mg | 18.18% | 25% |
| Selenium | 2 mcg | 3.64% | 3.64% |

Recipe Attributes

Events

Christmas Easter Thanksgiving Birthday Wedding Halloween
 Valentine's Day Mother's Day Father's Day New Year Anniversary
 Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic
 Game Day

Course

Drinks Desserts

Meal Type

Lunch

Snack

Difficulty Level

Easy

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