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## Shamrock Shake ♦♦

The Shamrock Shake is a minty green milkshake that is typically enjoyed during the St. Patrick's Day season. It has a creamy texture and refreshing taste, making it a popular treat for both kids and adults.

**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

<b>2 c</b>	vanilla ice cream
<b>1 c</b>	milk
<b>1 tsp</b>	mint extract
<b>6 drops</b>	green food coloring
<b>0.5 c</b>	whipped cream

2 maraschino cherry  
pieces

## Directions

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### Step 1

Blender

In a blender, combine the vanilla ice cream, milk, mint extract, and green food coloring. Blend until smooth.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

Pour the shake into two glasses.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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### Step 3

Top each glass with whipped cream and a maraschino cherry.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

Calories: 500 kcal

Fat: 20 g

Protein: 10 g

Carbohydrates: 70 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	70 g	127.27%	140%
Fibers	0 g	0%	0%
Sugars	60 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	6 g	N/A	N/A
Saturated Fat	12 g	54.55%	70.59%
Fat	20 g	71.43%	80%
Cholesterol	70 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	15 mcg	100%	100%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	180 mg	7.83%	7.83%
Calcium	30 mg	3%	3%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	2 mg	25%	11.11%
Potassium	400 mg	11.76%	15.38%
Zinc	6 mg	54.55%	75%
Selenium	6 mcg	10.91%	10.91%

## Recipe Attributes

### Cultural

St. Patrick's Day

Christmas

Halloween

### Diet

The Mast Cell Activation Syndrome (MCAS) Diet

The Acne Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

### Meal Type

Breakfast

Brunch

Supper

### Seasonality

Summer

### Cooking Method

Carbonating

Whipping

Simmering

Serving

### Course

Desserts

Drinks

### Demographics

Senior Friendly

Pregnancy Safe

Lactation Friendly

Allergy Friendly

Diabetic Friendly

Heart Healthy

### Difficulty Level

Easy

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