



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

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

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

2 maraschino cherry
pieces

Directions

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

Step 2

Pour the shake into two glasses.

Prep Time: 0 mins

Cook Time: 0 mins

Step 3

Top each glass with whipped cream and a maraschino cherry.

Prep Time: 0 mins

Cook Time: 0 mins

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

Visit our website: healthdor.com