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## Chocolate Strawberry Banana Milkshake ♦

A delicious milkshake made with chocolate, strawberries, and bananas. Perfect for a sweet treat or dessert.

**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         | chocolate ice cream |
| 1 c         | Strawberries        |
| 1<br>medium | Banana              |
| 1 c         | milk                |
| 0.5 c       | whipped cream       |

2 tbsp chocolate syrup

## Directions

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### Step 1

Blender

In a blender, combine the chocolate ice cream, strawberries, banana, and milk. Blend until smooth.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

Pour the milkshake into glasses and top with whipped cream.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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### Step 3

Drizzle chocolate syrup over the whipped cream.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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### Step 4

Serve and enjoy!

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 300 kcal

**Fat:** 12 g

**Protein:** 6 g

**Carbohydrates:** 40 g

## Nutrition Facts

### Proteins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
| Protein  | 6 g   | 35.29%                 | 35.29%                   |

### 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 | 2 g   | N/A                    | N/A                      |
| Saturated Fat       | 8 g   | 36.36%                 | 47.06%                   |
| 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   | 50 mg | 55.56%                 | 66.67%                   |
| Vitamin B6  | 0 mg  | 0%                     | 0%                       |
| Vitamin B12 | 1 mcg | 41.67%                 | 41.67%                   |
| Vitamin E   | 1 mg  | 6.67%                  | 6.67%                    |
| Vitamin D   | 3 mcg | 20%                    | 20%                      |

## 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      | 1 mg   | 9.09%                  | 12.5%                    |
| Selenium  | 10 mcg | 18.18%                 | 18.18%                   |

## Recipe Attributes

### Events

Christmas

Easter

Birthday

Valentine's Day

Back to School

Picnic

### Cuisines

Italian

### Course

Drinks

Salads

Desserts

Snacks

Sauces & Dressings

### Cultural

Chinese New Year

Diwali

Thanksgiving

Christmas

Easter

Halloween

### Cost

Under \$10

\$10 to \$20

### Meal Type

Lunch

Snack

Supper

### Difficulty Level

Easy

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