



Healthdor

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## Butterfinger Shake ♦

A delicious shake made with Butterfinger candy bars, perfect for dessert or a sweet treat.

**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

100 g	butterfinger candy bars
400 g	Vanilla Ice Cream
200 ml	Milk
50 g	whipped cream

### Directions

## Step 1

Crush the Butterfinger candy bars into small pieces.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 2

Blender

In a blender, combine the crushed Butterfinger candy bars, vanilla ice cream, and milk. Blend until smooth.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 3

Pour the shake into glasses and top with whipped cream.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 500 kcal

**Fat:** 25 g

**Protein:** 10 g

**Carbohydrates:** 60 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	60 g	109.09%	120%
Fibers	2 g	5.26%	8%
Sugars	50 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	15 g	68.18%	88.24%
Fat	25 g	89.29%	100%
Cholesterol	50 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	2 mg	153.85%	153.85%
Vitamin B12	6 mcg	250%	250%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	20 mg	2%	2%
Iron	4 mg	50%	22.22%
Potassium	300 mg	8.82%	11.54%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	4 mg	36.36%	50%
Selenium	8 mcg	14.55%	14.55%

## Recipe Attributes

### Events

Christmas

### Course

Desserts

Drinks

Sauces & Dressings

### Cultural

Chinese New Year

### Cost

Under \$10

### Demographics

Kids Friendly

Teen Friendly

Allergy Friendly

Heart Healthy

### Diet

Pescatarian Diet

Lacto-Ovo Vegetarian Diet

The Lemonade Diet

The Grapefruit Diet

The Rice Diet

The Sleeping Beauty Diet

The 3-Hour Diet

The Air Diet

The Master Cleanse Diet

The SlimFast Diet

### Meal Type

Snack

Supper

### Difficulty Level

Easy

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