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Chocolate Milkshake Large ♦

A delicious and creamy chocolate milkshake that is perfect for chocolate lovers.

Recipe Type: Standard

Prep Time: 5 mins

Cook Time: N/A

Total Time: 5 mins

Recipe Yield: 500 grams

Number of Servings: 1

Serving Size: 500 g

Ingredients

400 ml	Milk
100 g	chocolate ice cream
2 tbsp	chocolate syrup
50 g	whipped cream
10 g	chocolate shavings

Directions

Step 1

Blender

In a blender, combine milk, chocolate ice cream, and chocolate syrup.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

Blender

Blend until smooth and creamy.

Prep Time: 1 mins

Cook Time: 0 mins

Step 3

Pour the milkshake into a large glass.

Prep Time: 1 mins

Cook Time: 0 mins

Step 4

Top with whipped cream and chocolate shavings.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 450 kcal

Fat: 20 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%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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	4 g	N/A	N/A
Saturated Fat	12 g	54.55%	70.59%
Fat	20 g	71.43%	80%
Cholesterol	60 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	10 mg	769.23%	769.23%
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	150 mg	6.52%	6.52%
Calcium	30 mg	3%	3%
Iron	15 mg	187.5%	83.33%
Potassium	400 mg	11.76%	15.38%
Zinc	8 mg	72.73%	100%
Selenium	6 mcg	10.91%	10.91%

Recipe Attributes

Seasonality

Summer

Events

Christmas

Birthday

Halloween

Valentine's Day

Back to School

Barbecue

Game Day

Cuisines

Mexican

Course

Drinks

Snacks

Cultural

Chinese New Year

Christmas

Cost

Under \$10

Demographics

Kids Friendly

Teen Friendly

Allergy Friendly

Diet

Volumetrics Diet

Vegan Diet

Raw Food Diet

Meal Type

Brunch

Supper

Difficulty Level

Easy

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