

Creamy Lemon Milk Shakes

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Servings: 4

2 tablespoons crushed lemon drop candies
1 teaspoon sugar
1/2 small lemon, cut into six slices, divided
1/2 cup 2% milk
2 cups vanilla ice cream
2 cups lemon sorbet
3 ounces cream cheese, softened
2 teaspoons lemon peel, grated
1/2 teaspoon vanilla extract

In a shallow dish, mix the lemon drops and sugar. Using one or two lemon slices, moisten the rims of four glasses. Dip the rims into the candy mixture.

Place the milk, ice cream, sorbet, cream cheese, lemon peel and vanilla in a blender. Cover and process until smooth.

Pour into the prepared glasses. Serve immediately with the remaining lemon slices.

Start to Finish Time: 10 minutes

Per Serving (excluding unknown items): 230 Calories; 15g Fat (58.1% calories from fat); 5g Protein; 20g Carbohydrate; trace Dietary Fiber; 55mg Cholesterol; 131mg Sodium. Exchanges: 0 Lean Meat; 0 Fruit; 0 Non-Fat Milk; 3 Fat; 1 Other Carbohydrates.

Beverages, Desserts

Per Serving Nutritional Analysis

Calories (kcal):	230	Vitamin B6 (mg):	.1mg
% Calories from Fat:	58.1%	Vitamin B12 (mcg):	.4mcg
% Calories from Carbohydrates:	33.4%	Thiamin B1 (mg):	trace
% Calories from Protein:	8.5%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	15g	Folacin (mcg):	9mcg
Saturated Fat (g):	10g	Niacin (mg):	trace
Monounsaturated Fat (g):	4g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	2
Cholesterol (mg):	55mg	% Refuse:	0 0%
Carbohydrate (g):	20g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
	5g		0

Protein (g):
Sodium (mg): 131mg
Potassium (mg): 216mg
Calcium (mg): 142mg
Iron (mg): trace
Zinc (mg): 1mg
Vitamin C (mg): 6mg
Vitamin A (i.u.): 639IU
Vitamin A (r.e.): 186 1/2RE

Lean Meat:
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 3
Other Carbohydrates: 1

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 230 **Calories from Fat:** 134

% Daily Values*

Total Fat	15g	24%
	Saturated Fat 10g	48%
Cholesterol	55mg	18%
Sodium	131mg	5%
Total Carbohydrates	20g	7%
	Dietary Fiber trace	1%
Protein	5g	

Vitamin A	13%
Vitamin C	10%
Calcium	14%
Iron	2%

** Percent Daily Values are based on a 2000 calorie diet.*