



Shamrock Shake

dinneratthezoo.com

This shamrock shake recipe is a copy of the McDonald's favorite! It's a mix of ice cream, milk and mint, all blended to creamy perfection.

Servings: 2 → 40

PREP TIME

5 MIN

TOTAL TIME

6 MIN

Ingredients

40 cups vanilla ice cream
15 cups whole milk
200 drops green food coloring
1 1/2 tablespoons plus 1/2 teaspoon mint extract
5 cups whipped cream
40 maraschino cherries

Nutrition

Calories 358, Total Fat 19g, Saturated Fat 11g, Trans Fat 0g, Polyunsaturated Fat 0g, Monounsaturated Fat 5g, Cholesterol 72mg, Sodium 146mg, Total Carbohydrates 39g, Dietary Fiber 1g, Sugar 35g, Protein 7g, Vitamin A 757IU, Vitamin C 0mg, Calcium 283mg, Iron 0mg, Phosphorous 222mg, Potassium 395mg

Cooking instructions

1. Gather all ingredients and equipment.

CCP: Wash your hands with warm water and soap for at least 20 seconds

CCP: Follow community policies for major allergens and gluten regarding identification, labeling and measures to control cross contact.

2. Place the ice cream, milk, food coloring and mint extract in a blender and blend until smooth.

3. Hold for service.

CCP: Hold at an internal temperature of 0°F (-18°C) and below.

Serving instructions

Serve 1 cup using a ladle and top with 2 tablespoons of whipped cream and 1 cherry for approved diet types and textures.

DIET TYPES

Diabetic (CCHO): YES, 1/2 cup

Heart Healthy/Cardiac: YES, 1/2 cup

Low Sodium: YES

Vegetarian: YES

Gluten Free: YES

TEXTURES & CONSISTENCIES

FF: YES

Soft: YES

TNO/ST1/MT2/MO3/EX4: Liquid level assigned by clinician & does NOT automatically correlate to an IDDSI food texture level. Adjust thickness as necessary to pass IDDSI Flow Test.

Allergens

sulphites, milk, lactose, alcohol

Equipment

blender, ladle

Notes

Recipe adapted by RecipeTree.Pro for healthcare use/food service on 2.16.25.

Tags

march collection, heart healthy/cardiac, diabetic, low sodium, vegetarian, gluten free, finger food, soft, regular, ladle, blender, snack, beverage, drink, parent recipe, dinneratthezoo.com, dinner, irish