

Peanut Butter Milkshake Gets Added to SteelFit's Steel Whey Lineup!

written by Mike Roberto | January 20, 2020



SteelFit is gearing up for a huge year in 2020, looking to get ahead of competitors with more innovative product and flavor releases. They are known for only using top-notch ingredients, efficacious dosages, and great tasting flavors. Although they already have several stacked products including a *comprehensive* multivitamin powder (*Multi-V*), *powerful* fat loss product (*Shredded Steel*), and a highly *effective* sleep aid (*Steel Dreams*), they are refusing to settle and are continuing to keep progressing in any way possible.

Protein powder is no exception for the driven supplement company, starting the year out strong with the launch of a highly-anticipated new flavor of **Steel Whey: Peanut Butter Milkshake**. We know what you're thinking, "Did you just say *peanut butter* and *milkshake* in the same sentence?!" We definitely did...if you've been waiting for a delicious protein powder that tastes more like a dessert than anything else, your wish has been granted by the flavor gurus over at SteelFit.

Before we jump into this new flavor, be sure you're subscribed to PricePLOW so you're the first to know the latest supplement deals, news, reviews, interviews, and sponsored SteelFit giveaways!

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SteelWhey steals the show!

Ever since **SteelFit** released their first take on protein powder at the end of 2018, **Steel Whey** has been a hit. Delivering 24-25g of protein from one of the highest quality protein sources on the market, a *pure whey protein concentrate 80%* (WPC-80). This means the protein powder is a minimum of 80% protein by weight. While other whey concentrates on the market can be anywhere from 34-80% protein. SteelFit only uses the most pure form, creating a protein powder with very minimal fat, carbs, and sugars. This protein powder is *incredibly clean*, but still provides *excellent taste, mixability, and value*.

Peanut Butter Milkshake Steel Whey will bring all the bros to the gym!

Several companies have taken a stab at creating a peanut butter flavored protein powder, however many fall short in really delivering that authentic, rich taste you would expect:

Mike's initial review

Right from his first sip, Mike here at PricePLOW excitedly stated,

*"Now *that's* some serious peanut butter. Too many brands go too cheap on the peanut flour, but SteelFit clearly didn't. This one is rich and strong, but doesn't leave a dry taste in the mouth like so many other peanut butters!"*

– Mike Roberto, PricePLOW Founder

From a flavor aspect, using WPC-80 is usually superior to whey protein isolates

(which are usually around 90% protein by weight), because it makes for a thicker consistency and creates a richer, smoother flavor. This is probably one of the reasons people rave about Steel Whey. For those of you that can handle a small amount of lactose, Steel Whey should be next on your list of protein powders to try!

The power of WPC-80



Whey protein concentrate can kickstart the recovery process after a hard training session due to its rapid digestibility, high leucine content, and perfect *PDCAAS* (Protein Digestibility Corrected Amino Acid Score). However, you do not need to slam a shake as soon as you leave the gym – there is some room as long as you get your daily protein numbers in on a consistent basis. Consuming a high quality, fast-acting source of protein post training means you will maximize muscle protein synthesis and ensure you're getting the most of every workout.

Whey protein concentrate also provides several other lesser known benefits that make it an excellent inclusion in your diet. Research shows WPC-80 is not only a great protein source, but has immune-boosting properties thanks to containing molecules known as *immunoglobulins*. There are five types of immunoglobulins found in whey protein, *IgG*, *IgM*, *IgA*, and *Secretory IgA*, and they exist in the form of antibodies.[1] Studies show immunoglobulins can help fight against several bacterial infections and supports an overall healthy immune system.[2]

This is just one of the reasons, WPC-80 may be superior to whey protein isolate (WPI) because the further processing WPI must undergo to yield 90% protein strips away some of these immune protecting molecules.

Nutrition Facts Panel Break Down

PEANUT BUTTER MILKSHAKE	
Nutrition Facts	
About 26 Servings Per Container	
Serving Size	1 Scoop (35g)
Amount Per Serving	
Calories 130	Calories from Fat 20
% Daily Value**	
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 160mg	7%
Total Carbohydrates 3g	1%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 24g	48%
Calcium 150mg	12%
Iron 0.4mg	2%
Phosphorous 106mg	8%
Magnesium 22mg	5%
Potassium 380mg	8%

** Percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

With how good this protein powder tastes, it's hard to believe those are the macros!

SteelFit Peanut Butter Milkshake macro profile is very well balanced, and just what you expect from a high-quality protein powder. Each 35g scoop delivers:

- **130 Calories**
- **24g Protein**
- **2g Fat**
- **3g Carbs**
 - *Only 1g Sugar*

Those macros will fit anyone's diet and ensure you hit your protein target while satisfying your sweet tooth.

All Steel Whey Flavors

Below is an up-to-date list of all available Steel Whey flavors, followed by any other Steel Whey videos we've done:

Conclusion: Peanut Butter Lovers Rejoice!



SteelFit's Steel Whey is one of the tastiest, cleanest, and highest quality protein powders money can buy, especially if you're staying on the WPC-80 train in order to get those extra benefits discussed above.

If you're looking for a peanut butter flavored whey to crush your cravings then look no further cause you found it. Packing 24g of protein with only 130 calories, Peanut Butter Milkshake Steel Whey seems too good to be true.

Keep up-to-date with SteelFit News, because we know more great products are on the way:

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References

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<https://medcraveonline.com/JAPLR/whey-proteins-and-its-impact-on-human-health-nutrition-review.html>
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