



Avocado Shake from the LACTAID® Brand

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



2

CALORIES



204 kcal

BEVERAGE

DRINK

Ingredients

- 0.5 avocado
- 2 tablespoons honey
- 1 cup lactaid® reduced fat milk
- 0.1 teaspoon vanilla extract

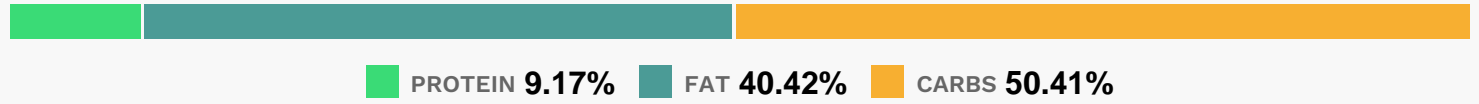
Equipment

- blender

Directions

- Chop avocado coarsely.
- Place all ingredients in blender. Cover and blend about 1 minute or until smooth.
- Serve over ice.

Nutrition Facts



Properties

Glycemic Index:46.14, Glycemic Load:9.39, Inflammation Score:-3, Nutrition Score:7.9469566034234%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

Nutrients (% of daily need)

Calories: 203.96kcal (10.2%), Fat: 9.72g (14.96%), Saturated Fat: 2.55g (15.96%), Carbohydrates: 27.29g (9.1%), Net Carbohydrates: 23.88g (8.68%), Sugar: 23.58g (26.19%), Cholesterol: 9.44mg (3.15%), Sodium: 59.84mg (2.6%), Alcohol: 0.09g (100%), Alcohol %: 0.06% (100%), Protein: 4.96g (9.92%), Vitamin B2: 0.29mg (17.17%), Calcium: 148.92mg (14.89%), Fiber: 3.41g (13.64%), Phosphorus: 135.54mg (13.55%), Potassium: 420.2mg (12.01%), Folate: 47.02µg (11.76%), Vitamin B5: 1.13mg (11.32%), Vitamin B12: 0.63µg (10.42%), Vitamin K: 10.79µg (10.27%), Vitamin B6: 0.18mg (8.95%), Vitamin E: 1.08mg (7.17%), Magnesium: 28mg (7%), Vitamin C: 5.37mg (6.5%), Zinc: 0.93mg (6.23%), Copper: 0.11mg (5.51%), Vitamin B1: 0.08mg (5.31%), Manganese: 0.11mg (5.26%), Vitamin B3: 1.01mg (5.05%), Selenium: 3.32µg (4.74%), Vitamin A: 193.73IU (3.87%), Iron: 0.39mg (2.16%)