

Berry Custard Shake



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



6

CALORIES



111 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 tsp cherry concentrate
- ☐ 200 g ready-made custard
- ☐ 6 servings tray of ice cubes
- ☐ 300 ml milk
- ☐ 200 g raspberries
- ☐ 400 g strawberries

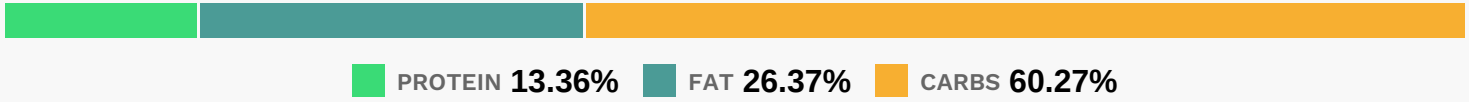
Equipment

- ☐ blender

Directions

- ☐ Hull the strawberries.
- ☐ Add all the ingredients to a blender and whizz until smooth. If your blender isn't strong enough to whizz up ice, then just add it to the glasses before serving.
- ☐ Enjoy!

Nutrition Facts



Properties

Glycemic Index:27.1, Glycemic Load:5.07, Inflammation Score:-5, Nutrition Score:9.3252173714016%

Flavonoids

Cyanidin: 16.62mg, Cyanidin: 16.62mg, Cyanidin: 16.62mg, Cyanidin: 16.62mg Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg Delphinidin: 0.65mg, Delphinidin: 0.65mg, Delphinidin: 0.65mg, Delphinidin: 0.65mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 16.9mg, Pelargonidin: 16.9mg, Pelargonidin: 16.9mg, Pelargonidin: 16.9mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 2.55mg, Catechin: 2.55mg, Catechin: 2.55mg, Catechin: 2.55mg Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg Epicatechin: 1.49mg, Epicatechin: 1.49mg, Epicatechin: 1.49mg, Epicatechin: 1.49mg Epicatechin 3-gallate: 0.1mg, Epicatechin 3-gallate: 0.1mg, Epicatechin 3-gallate: 0.1mg, Epicatechin 3-gallate: 0.1mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 110.79kcal (5.54%), Fat: 3.4g (5.23%), Saturated Fat: 1.65g (10.33%), Carbohydrates: 17.49g (5.83%), Net Carbohydrates: 13.98g (5.08%), Sugar: 8.93g (9.92%), Cholesterol: 23.19mg (7.73%), Sodium: 51.4mg (2.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.88g (7.75%), Vitamin C: 48.02mg (58.21%), Manganese: 0.49mg (24.28%), Fiber: 3.52g (14.07%), Calcium: 130.55mg (13.05%), Phosphorus: 121.25mg (12.13%), Vitamin B2: 0.17mg (10.12%), Potassium: 300.51mg (8.59%), Vitamin B12: 0.45µg (7.53%), Magnesium: 28.17mg (7.04%), Folate: 26.03µg (6.51%), Vitamin D: 0.97µg (6.45%), Vitamin B5: 0.62mg (6.2%), Vitamin B6: 0.1mg (5.14%), Vitamin B1: 0.08mg (5.07%), Selenium: 3.31µg (4.73%), Zinc: 0.62mg (4.14%), Vitamin K: 4.31µg (4.1%), Copper: 0.08mg (4.1%), Vitamin E: 0.53mg (3.53%), Iron: 0.62mg (3.44%), Vitamin A: 163.73IU (3.27%), Vitamin B3: 0.56mg (2.78%)