

Berry Pie Shakes

 **Gluten Free**

READY IN



10 min.

SERVINGS



2

CALORIES



306 kcal

BEVERAGE

DRINK

Ingredients

- 2 cups whipped cream softened
- 2 tablespoons milk
- 0.1 slice raspberries cold cut into chunks (from 9-inch pie)
- 1 serving garnish: whipped cream sweetened
- 1 serving raspberries fresh pitted

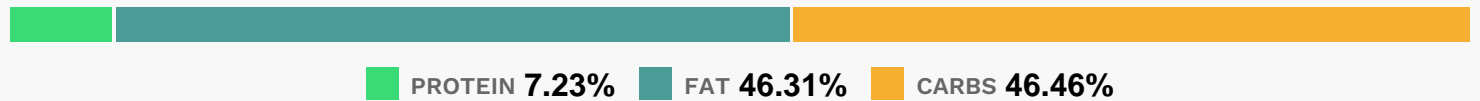
Equipment

- blender

Directions

- In blender, place ice cream and milk. Cover and blend on high speed until smooth and creamy.
- Add pie chunks; cover and blend until smooth, stopping blender to scrape down sides if necessary.
- Pour into 2 glasses; top with sweetened whipped cream and garnish with berries.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:103, Glycemic Load:19.33, Inflammation Score:-5, Nutrition Score:7.749565222989%

Flavonoids

Cyanidin: 13.76mg, Cyanidin: 13.76mg, Cyanidin: 13.76mg, Cyanidin: 13.76mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 305.58kcal (15.28%), Fat: 15.86g (24.4%), Saturated Fat: 9.66g (60.39%), Carbohydrates: 35.8g (11.93%), Net Carbohydrates: 32.93g (11.97%), Sugar: 30.27g (33.64%), Cholesterol: 62.16mg (20.72%), Sodium: 111.84mg (4.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.57g (11.14%), Vitamin B2: 0.35mg (20.64%), Calcium: 197.96mg (19.8%), Phosphorus: 165.14mg (16.51%), Vitamin A: 610.49IU (12.21%), Fiber: 2.88g (11.51%), Manganese: 0.21mg (10.63%), Vitamin C: 8.67mg (10.51%), Vitamin B12: 0.6µg (10.08%), Potassium: 334.98mg (9.57%), Vitamin B5: 0.93mg (9.31%), Zinc: 1.11mg (7.4%), Magnesium: 27.22mg (6.81%), Vitamin B1: 0.07mg (4.88%), Vitamin E: 0.68mg (4.56%), Vitamin B6: 0.09mg (4.51%), Selenium: 2.76µg (3.95%), Folate: 13µg (3.25%), Vitamin D: 0.44µg (2.94%), Copper: 0.06mg (2.89%), Vitamin K: 2.84µg (2.71%), Iron: 0.33mg (1.82%), Vitamin B3: 0.35mg (1.75%)