



Berry-Vanilla Shake

 Vegetarian  Gluten Free

READY IN



3 min.

SERVINGS



3

CALORIES



340 kcal

BEVERAGE

DRINK

Ingredients

- 1 cup poached berries mixed fresh thawed
- 1 pint vanilla yogurt frozen low-fat softened
- 3 servings honey to taste
- 1.5 cups skim milk

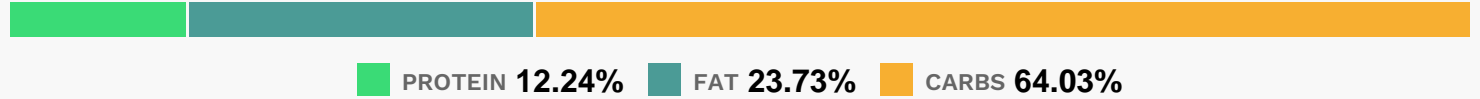
Equipment

- blender

Directions

- Blend milk, yogurt and berries in a blender until smooth, scraping down sides of blender once or twice as necessary. Taste and blend in honey, if desired.
- Pour into glasses and serve.

Nutrition Facts



Properties

Glycemic Index:28.51, Glycemic Load:5, Inflammation Score:-5, Nutrition Score:11.717826024346%

Flavonoids

Cyanidin: 2.25mg, Cyanidin: 2.25mg, Cyanidin: 2.25mg, Cyanidin: 2.25mg Petunidin: 9.38mg, Petunidin: 9.38mg, Petunidin: 9.38mg, Petunidin: 9.38mg Delphinidin: 11.15mg, Delphinidin: 11.15mg, Delphinidin: 11.15mg, Delphinidin: 11.15mg Malvidin: 25.65mg, Malvidin: 25.65mg, Malvidin: 25.65mg, Malvidin: 25.65mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.24mg, Peonidin: 0.24mg, Peonidin: 0.24mg, Peonidin: 0.24mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.91mg, Myricetin: 0.91mg, Myricetin: 0.91mg, Myricetin: 0.91mg Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg

Nutrients (% of daily need)

Calories: 340.06kcal (17%), Fat: 9.26g (14.25%), Saturated Fat: 5.48g (34.26%), Carbohydrates: 56.23g (18.74%), Net Carbohydrates: 54.82g (19.94%), Sugar: 54.15g (60.17%), Cholesterol: 6.83mg (2.28%), Sodium: 188.24mg (8.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.75g (21.5%), Calcium: 391.8mg (39.18%), Phosphorus: 340.5mg (34.05%), Vitamin B2: 0.54mg (31.5%), Vitamin B12: 1.17µg (19.47%), Potassium: 568.92mg (16.25%), Vitamin B5: 1.52mg (15.24%), Vitamin A: 608.04IU (12.16%), Vitamin B6: 0.23mg (11.47%), Selenium: 7.76µg (11.09%), Vitamin D: 1.51µg (10.03%), Magnesium: 39.5mg (9.88%), Vitamin B1: 0.14mg (9.57%), Vitamin K: 8.95µg (8.52%), Zinc: 1.27mg (8.44%), Fiber: 1.41g (5.64%), Manganese: 0.1mg (5.21%), Vitamin B3: 0.87mg (4.37%), Copper: 0.09mg (4.26%), Folate: 15.67µg (3.92%), Iron: 0.6mg (3.31%), Vitamin C: 2.59mg (3.14%), Vitamin E: 0.42mg (2.81%)