



## Black Forest Shake

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



211 kcal

SIDE DISH

### Ingredients

- 0.5 ounce baking chocolate sweet grated
- 10 cherries dark sweet frozen pitted
- 0.3 cup cherry juice black
- 3 cups chocolate ice cream light
- 0.5 cup low fat milk 2% reduced-fat

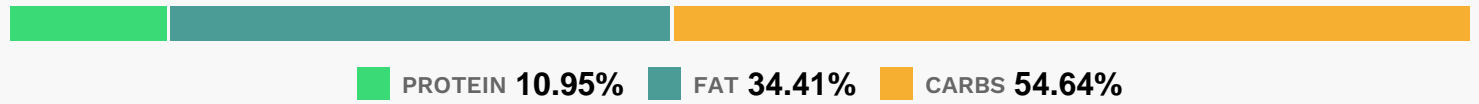
### Equipment

- blender

# Directions

- Place first 5 ingredients in a blender; process 1 minute or until smooth, scraping sides as necessary.
- Pour into 5 glasses.
- Garnish each serving with 1 fresh cherry, if desired.
- Skip the Dairy Omit the ice cream, milk, and sweet baking chocolate. Use equal amounts of chocolate almond milk ice cream and almond milk instead; replace the sweet baking chocolate with an equal amount of grated dairy-free chocolate.

# Nutrition Facts



# Properties

Glycemic Index:8.6, Glycemic Load:5.26, Inflammation Score:0, Nutrition Score:5.6352174022923%

# Flavonoids

Cyanidin: 4.83mg, Cyanidin: 4.83mg, Cyanidin: 4.83mg, Cyanidin: 4.83mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Peonidin: 0.24mg, Peonidin: 0.24mg, Peonidin: 0.24mg, Peonidin: 0.24mg Catechin: 2.52mg, Catechin: 2.52mg, Catechin: 2.52mg, Catechin: 2.52mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 4.82mg, Epicatechin: 4.82mg, Epicatechin: 4.82mg, Epicatechin: 4.82mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

# Nutrients (% of daily need)

Calories: 211.35kcal (10.57%), Fat: 8.3g (12.76%), Saturated Fat: 5.05g (31.57%), Carbohydrates: 29.64g (9.88%), Net Carbohydrates: 28.11g (10.22%), Sugar: 26.95g (29.95%), Cholesterol: 26.72mg (8.91%), Sodium: 75.62mg (3.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.09mg (1.36%), Protein: 5.94g (11.88%), Calcium: 180.67mg (18.07%), Phosphorus: 114.7mg (11.47%), Manganese: 0.22mg (11.11%), Copper: 0.2mg (9.77%), Vitamin B2: 0.16mg (9.34%), Vitamin A: 444.1IU (8.88%), Magnesium: 32.1mg (8.03%), Potassium: 271.77mg (7.76%), Iron: 1.25mg (6.95%), Fiber: 1.54g (6.14%), Zinc: 0.78mg (5.19%), Vitamin B12: 0.27µg (4.53%), Selenium: 2.73µg (3.9%), Vitamin B5: 0.35mg (3.46%), Vitamin B1: 0.04mg (2.86%), Vitamin C: 2.21mg (2.68%), Vitamin D: 0.35µg (2.34%), Vitamin B6: 0.04mg (2.19%), Vitamin E: 0.21mg (1.4%), Folate: 5.55µg (1.39%), Vitamin K: 1.18µg (1.13%), Vitamin B3: 0.2mg (1.02%)