

Blackberry Shake

 Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



253 kcal

BEVERAGE

DRINK

Ingredients

- 0.7 cup blackberries
- 0.5 teaspoon honey
- 0.5 cup oat milk unsweetened
- 0.5 cup whipped cream

Equipment

- bowl
- sieve
- blender

Directions

- Place blackberries in a blender; process until pureed. Press puree through a sieve into a bowl to measure 1/4 cup. Discard pulp and seeds.
- Combine blackberry puree, oat milk, and remaining ingredients in a blender; process until smooth.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:207.27, Glycemic Load:19.24, Inflammation Score:-7, Nutrition Score:15.561739206314%

Flavonoids

Cyanidin: 95.95mg, Cyanidin: 95.95mg, Cyanidin: 95.95mg, Cyanidin: 95.95mg Pelargonidin: 0.43mg, Pelargonidin: 0.43mg, Pelargonidin: 0.43mg, Pelargonidin: 0.43mg Peonidin: 0.2mg, Peonidin: 0.2mg, Peonidin: 0.2mg, Peonidin: 0.2mg Catechin: 35.58mg, Catechin: 35.58mg, Catechin: 35.58mg, Catechin: 35.58mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 4.47mg, Epicatechin: 4.47mg, Epicatechin: 4.47mg, Epicatechin: 4.47mg Epigallocatechin 3-gallate: 0.65mg, Epigallocatechin 3-gallate: 0.65mg, Epigallocatechin 3-gallate: 0.65mg, Epigallocatechin 3-gallate: 0.65mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 3.44mg, Quercetin: 3.44mg, Quercetin: 3.44mg, Quercetin: 3.44mg

Nutrients (% of daily need)

Calories: 252.61kcal (12.63%), Fat: 8.96g (13.79%), Saturated Fat: 4.49g (28.09%), Carbohydrates: 39.51g (13.17%), Net Carbohydrates: 32.98g (11.99%), Sugar: 30.91g (34.34%), Cholesterol: 29.04mg (9.68%), Sodium: 110.57mg (4.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.62g (11.24%), Vitamin D: 49.39µg (329.26%), Manganese: 0.63mg (31.41%), Calcium: 285mg (28.5%), Fiber: 6.54g (26.16%), Vitamin B2: 0.44mg (25.65%), Vitamin C: 20.57mg (24.94%), Vitamin K: 19.21µg (18.29%), Vitamin A: 729.35IU (14.59%), Potassium: 347.83mg (9.94%), Phosphorus: 90.56mg (9.06%), Vitamin E: 1.32mg (8.81%), Copper: 0.17mg (8.74%), Iron: 1.56mg (8.64%), Magnesium: 28.51mg (7.13%), Folate: 27.37µg (6.84%), Vitamin B5: 0.65mg (6.51%), Zinc: 0.97mg (6.48%), Vitamin B12: 0.26µg (4.29%), Vitamin B3: 0.7mg (3.5%), Vitamin B1: 0.05mg (3.08%), Vitamin B6: 0.06mg (3.07%), Selenium: 1.6µg (2.29%)