



Blueberry Malt Milkshake

READY IN



10 min.

SERVINGS



2

CALORIES



283 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 shot amaretto
- ☐ 0.5 cup blueberries fresh plus more for garnish
- ☐ 2 tablespoons liquid malt extract
- ☐ 0.3 cup milk
- ☐ 1 cup whipped cream
- ☐ 2 servings whipped cream for garnish

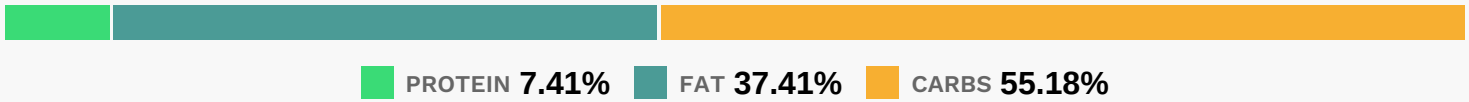
Equipment

- ☐ blender

Directions

- ☐
- Blend the ice cream, blueberries, milk, malted milk powder, amaretto and 3 ice cubes in a blender on medium speed until thick and smooth. Divide among small glasses. Top with whipped cream and more blueberries.
- ☐
- Photograph by Charles Masters

Nutrition Facts



Properties

Glycemic Index:97, Glycemic Load:11.96, Inflammation Score:-4, Nutrition Score:6.0499999834144%

Flavonoids

Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 282.73kcal (14.14%), Fat: 10.28g (15.82%), Saturated Fat: 6.17g (38.59%), Carbohydrates: 34.12g (11.37%), Net Carbohydrates: 32.76g (11.91%), Sugar: 29.33g (32.59%), Cholesterol: 38.58mg (12.86%), Sodium: 89.28mg (3.88%), Alcohol: 5.72g (100%), Alcohol %: 4.34% (100%), Caffeine: 5.72mg (1.91%), Protein: 4.58g (9.17%), Vitamin B2: 0.27mg (16.05%), Calcium: 146.88mg (14.69%), Phosphorus: 130.9mg (13.09%), Vitamin B12: 0.48µg (8.06%), Vitamin A: 400.67IU (8.01%), Potassium: 262.69mg (7.51%), Vitamin K: 7.84µg (7.47%), Manganese: 0.15mg (7.38%), Vitamin B5: 0.6mg (5.96%), Vitamin B1: 0.09mg (5.91%), Fiber: 1.36g (5.42%), Magnesium: 21.56mg (5.39%), Vitamin C: 4.14mg (5.02%), Zinc: 0.72mg (4.82%), Vitamin B6: 0.09mg (4.73%), Selenium: 2.86µg (4.08%), Vitamin D: 0.49µg (3.28%), Vitamin E: 0.48mg (3.22%), Vitamin B3: 0.59mg (2.94%), Copper: 0.06mg (2.85%), Folate: 8.23µg (2.06%), Iron: 0.22mg (1.21%)