



Blueberry-Rum Milkshake

 Gluten Free

READY IN



30 min.

SERVINGS



2

CALORIES



552 kcal

DESSERT

BEVERAGE

DRINK

Ingredients

- ☐ 1 cup blueberries ripe plus more for garnish
- ☐ 0.3 cup rum dark
- ☐ 0.3 cup granulated sugar
- ☐ 0.5 vanilla pod
- ☐ 11 ounces premium vanilla ice cream frozen well recommended: Haagen Dazs – make sure that it is really
- ☐ 0.3 cup milk whole

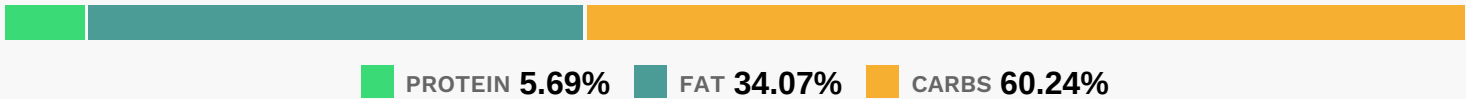
Equipment

- ☐ bowl
- ☐ blender
- ☐ drinking straws

Directions

- ☐ Watch how to make this recipe.
- ☐ Combine the blueberries, sugar, rum and vanilla bean seeds in a bowl, let sit at room temperature for 10 minutes. Lightly mash the mixture with a fork and let sit 10 minutes longer.
- ☐ Put the milk and the blueberry mixture in a blender and blend until smooth.
- ☐ Add the ice cream and blend until smooth. Divide between 2 tall glasses and serve with a straw.
- ☐ Garnish with a few blueberries.

Nutrition Facts



Properties

Glycemic Index:112.05, Glycemic Load:43.36, Inflammation Score:-6, Nutrition Score:9.9473913337873%

Flavonoids

Cyanidin: 6.26mg, Cyanidin: 6.26mg, Cyanidin: 6.26mg, Cyanidin: 6.26mg Petunidin: 23.33mg, Petunidin: 23.33mg, Petunidin: 23.33mg, Petunidin: 23.33mg Delphinidin: 26.22mg, Delphinidin: 26.22mg, Delphinidin: 26.22mg, Delphinidin: 26.22mg Malvidin: 50.02mg, Malvidin: 50.02mg, Malvidin: 50.02mg, Malvidin: 50.02mg Peonidin: 15.01mg, Peonidin: 15.01mg, Peonidin: 15.01mg, Peonidin: 15.01mg Catechin: 3.91mg, Catechin: 3.91mg, Catechin: 3.91mg, Catechin: 3.91mg Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 551.73kcal (27.59%), Fat: 18.64g (28.68%), Saturated Fat: 11.18g (69.84%), Carbohydrates: 74.16g (24.72%), Net Carbohydrates: 71.3g (25.93%), Sugar: 66.84g (74.27%), Cholesterol: 72.27mg (24.09%), Sodium: 137.62mg (5.98%), Alcohol: 10.02g (100%), Alcohol %: 4.01% (100%), Protein: 7.01g (14.01%), Vitamin B2: 0.45mg (26.62%),

Calcium: 241.79mg (24.18%), Phosphorus: 204.6mg (20.46%), Vitamin A: 745.8IU (14.92%), Vitamin K: 14.84µg (14.13%), Manganese: 0.27mg (13.44%), Vitamin B12: 0.77µg (12.88%), Potassium: 414.12mg (11.83%), Fiber: 2.87g (11.47%), Vitamin B5: 1.11mg (11.11%), Vitamin C: 8.11mg (9.83%), Zinc: 1.33mg (8.89%), Magnesium: 29.93mg (7.48%), Vitamin B1: 0.11mg (7.35%), Vitamin B6: 0.13mg (6.61%), Vitamin E: 0.9mg (6.03%), Selenium: 3.61µg (5.16%), Vitamin D: 0.65µg (4.32%), Copper: 0.09mg (4.32%), Folate: 12.24µg (3.06%), Vitamin B3: 0.53mg (2.63%), Iron: 0.37mg (2.07%)