



## Boozy Blueberry-Maple Shake

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



5 min.

SERVINGS



2

CALORIES



395 kcal

BEVERAGE

DRINK

### Ingredients

- 1.5 cups blueberries fresh
- 1.5 ounces hendrick's gin such as beefeater
- 1 teaspoon maple syrup
- 2 cups whipped cream

### Equipment

- blender

## Directions

- Add the blueberries and gin to the blender. Pulse a few times then puree on medium high speed until smooth and no large pieces of blueberry skin are be visible, about 30 seconds.
- Add ice cream and maple syrup and blend on medium high speed just until smooth, about 30 seconds.
- Serve immediately.

## Nutrition Facts

 **PROTEIN 6.15%**  **FAT 37.83%**  **CARBS 56.02%**

## Properties

Glycemic Index:76.25, Glycemic Load:24.67, Inflammation Score:-6, Nutrition Score:9.6700000555619%

## Flavonoids

Cyanidin: 9.39mg, Cyanidin: 9.39mg, Cyanidin: 9.39mg, Cyanidin: 9.39mg Petunidin: 35mg, Petunidin: 35mg, Petunidin: 35mg, Petunidin: 35mg Delphinidin: 39.33mg, Delphinidin: 39.33mg, Delphinidin: 39.33mg, Delphinidin: 39.33mg Malvidin: 75.02mg, Malvidin: 75.02mg, Malvidin: 75.02mg, Malvidin: 75.02mg Peonidin: 22.52mg, Peonidin: 22.52mg, Peonidin: 22.52mg, Peonidin: 22.52mg Catechin: 5.87mg, Catechin: 5.87mg, Catechin: 5.87mg, Catechin: 5.87mg Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 1.84mg, Kaempferol: 1.84mg, Kaempferol: 1.84mg, Kaempferol: 1.84mg Myricetin: 1.44mg, Myricetin: 1.44mg, Myricetin: 1.44mg, Myricetin: 1.44mg Quercetin: 8.51mg, Quercetin: 8.51mg, Quercetin: 8.51mg, Quercetin: 8.51mg Gallocatechin: 0.13mg, Gallocatechin: 0.13mg, Gallocatechin: 0.13mg, Gallocatechin: 0.13mg

## Nutrients (% of daily need)

Calories: 395.08kcal (19.75%), Fat: 14.89g (22.9%), Saturated Fat: 8.99g (56.21%), Carbohydrates: 49.61g (16.54%), Net Carbohydrates: 46.02g (16.73%), Sugar: 41.14g (45.71%), Cholesterol: 58.08mg (19.36%), Sodium: 107.24mg (4.66%), Alcohol: 7.1g (100%), Alcohol %: 3.36% (100%), Protein: 5.44g (10.88%), Vitamin B2: 0.41mg (23.98%), Manganese: 0.47mg (23.39%), Vitamin K: 21.82µg (20.78%), Calcium: 179.43mg (17.94%), Phosphorus: 152.77mg (15.28%), Fiber: 3.59g (14.35%), Vitamin C: 11.56mg (14.01%), Vitamin A: 615.66IU (12.31%), Potassium: 356.45mg (10.18%), Vitamin B5: 0.9mg (9.05%), Vitamin B12: 0.51µg (8.58%), Zinc: 1.12mg (7.48%), Vitamin E: 1.03mg (6.86%), Vitamin B1: 0.1mg (6.59%), Magnesium: 25.88mg (6.47%), Vitamin B6: 0.12mg (6.06%), Copper: 0.1mg (4.9%), Selenium: 2.49µg (3.55%), Folate: 13.26µg (3.32%), Vitamin B3: 0.62mg (3.11%), Iron: 0.44mg (2.46%), Vitamin D: 0.26µg (1.76%)