



Brandied Berry Milk Shake

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



208 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 cup blackberries
- ☐ 0.5 cup blueberries
- ☐ 0.3 cup brandy
- ☐ 0.5 cup milk 1% low-fat
- ☐ 2 cups whipped cream low-fat
- ☐ 0.5 cup strawberries sliced

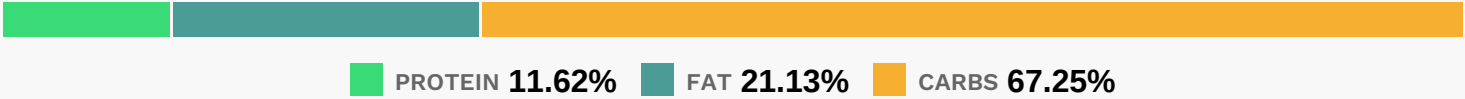
Equipment

- ☐ blender

Directions

☐ Place all ingredients in a blender; process until smooth.

Nutrition Facts



Properties

Glycemic Index:39, Glycemic Load:9.49, Inflammation Score:-5, Nutrition Score:7.1230434853098%

Flavonoids

Cyanidin: 19.86mg, Cyanidin: 19.86mg, Cyanidin: 19.86mg, Cyanidin: 19.86mg Petunidin: 5.85mg, Petunidin: 5.85mg, Petunidin: 5.85mg, Petunidin: 5.85mg Delphinidin: 6.61mg, Delphinidin: 6.61mg, Delphinidin: 6.61mg, Delphinidin: 6.61mg Malvidin: 12.51mg, Malvidin: 12.51mg, Malvidin: 12.51mg, Malvidin: 12.51mg Pelargonidin: 4.55mg, Pelargonidin: 4.55mg, Pelargonidin: 4.55mg, Pelargonidin: 4.55mg Peonidin: 3.8mg, Peonidin: 3.8mg, Peonidin: 3.8mg, Peonidin: 3.8mg Catechin: 8.21mg, Catechin: 8.21mg, Catechin: 8.21mg, Catechin: 8.21mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 1.03mg, Epicatechin: 1.03mg, Epicatechin: 1.03mg, Epicatechin: 1.03mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 208.18kcal (10.41%), Fat: 4.15g (6.39%), Saturated Fat: 2.4g (15.03%), Carbohydrates: 29.75g (9.92%), Net Carbohydrates: 27.76g (10.09%), Sugar: 21.86g (24.29%), Cholesterol: 22mg (7.33%), Sodium: 68.44mg (2.98%), Alcohol: 5.01g (100%), Alcohol %: 3.63% (100%), Protein: 5.14g (10.28%), Vitamin C: 17.07mg (20.69%), Calcium: 168.74mg (16.87%), Vitamin B2: 0.25mg (14.82%), Manganese: 0.26mg (12.77%), Phosphorus: 119.76mg (11.98%), Vitamin A: 448.97IU (8.98%), Vitamin B12: 0.54µg (8.95%), Fiber: 1.99g (7.94%), Potassium: 276.23mg (7.89%), Vitamin K: 7.86µg (7.49%), Vitamin B5: 0.57mg (5.67%), Zinc: 0.84mg (5.59%), Magnesium: 21.23mg (5.31%), Vitamin B1: 0.07mg (4.85%), Vitamin B6: 0.08mg (3.78%), Folate: 15.08µg (3.77%), Selenium: 2.3µg (3.29%), Copper: 0.07mg (3.26%), Vitamin E: 0.47mg (3.1%), Vitamin D: 0.4µg (2.67%), Iron: 0.39mg (2.15%), Vitamin B3: 0.4mg (2.01%)