



California Date Shake

 Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



153 kcal

BEVERAGE

DRINK

Ingredients

- 3 oz medjool dates pitted coarsely chopped
- 0.3 cup milk very cold
- 1.3 cups whipped cream

Equipment

- blender

Directions

In a blender, blend dates and milk until smooth and super-frothy.

Add ice cream and pulse a few times, until just blended.

Nutrition Facts

PROTEIN 5.81% **FAT 28.38%** **CARBS 65.81%**

Properties

Glycemic Index:24.75, Glycemic Load:6.03, Inflammation Score:-2, Nutrition Score:3.5852173929629%

Nutrients (% of daily need)

Calories: 153.43kcal (7.67%), Fat: 5.06g (7.78%), Saturated Fat: 3.08g (19.28%), Carbohydrates: 26.39g (8.8%), Net Carbohydrates: 24.67g (8.97%), Sugar: 23.61g (26.23%), Cholesterol: 19.98mg (6.66%), Sodium: 39.01mg (1.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.33g (4.66%), Calcium: 85.17mg (8.52%), Vitamin B2: 0.13mg (7.81%), Potassium: 252.95mg (7.23%), Phosphorus: 71.9mg (7.19%), Fiber: 1.71g (6.85%), Magnesium: 19.09mg (4.77%), Vitamin B5: 0.47mg (4.68%), Vitamin A: 230.05IU (4.6%), Copper: 0.09mg (4.33%), Vitamin B6: 0.08mg (4.1%), Vitamin B12: 0.24µg (4.05%), Manganese: 0.07mg (3.34%), Zinc: 0.44mg (2.94%), Vitamin B1: 0.04mg (2.41%), Vitamin B3: 0.41mg (2.03%), Vitamin D: 0.25µg (1.67%), Selenium: 1.03µg (1.47%), Folate: 5.25µg (1.31%), Iron: 0.23mg (1.27%)