



## Chocolate Raspberry Shake

 Gluten Free

READY IN



10 min.

SERVINGS



3

CALORIES



233 kcal

BEVERAGE

DRINK

### Ingredients

- 1.5 cups raspberries
- 1.3 cups skim milk fat-free (skim)
- 1.3 cups raspberries red yoplait® (from three 6-oz containers)
- 0.5 cup chocolate syrup fat-free

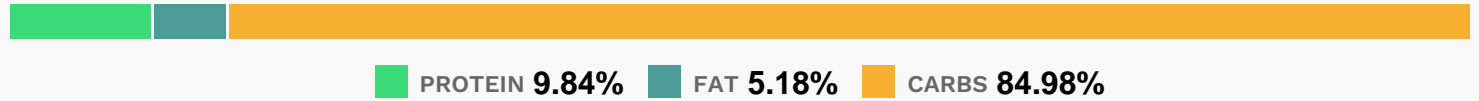
### Equipment

- blender

# Directions

- Place all ingredients in blender. Cover and blend on high speed about 30 seconds or until smooth.
- Serve immediately.

# Nutrition Facts



# Properties

Glycemic Index:28.42, Glycemic Load:3.25, Inflammation Score:-6, Nutrition Score:13.424782462742%

# Flavonoids

Cyanidin: 51.87mg, Cyanidin: 51.87mg, Cyanidin: 51.87mg, Cyanidin: 51.87mg Petunidin: 0.35mg, Petunidin: 0.35mg, Petunidin: 0.35mg, Petunidin: 0.35mg Delphinidin: 1.5mg, Delphinidin: 1.5mg, Delphinidin: 1.5mg, Delphinidin: 1.5mg Malvidin: 0.15mg, Malvidin: 0.15mg, Malvidin: 0.15mg, Malvidin: 0.15mg Pelargonidin: 1.11mg, Pelargonidin: 1.11mg, Pelargonidin: 1.11mg, Pelargonidin: 1.11mg Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg Epicatechin: 3.99mg, Epicatechin: 3.99mg, Epicatechin: 3.99mg, Epicatechin: 3.99mg Epigallocatechin 3-gallate: 0.61mg, Epigallocatechin 3-gallate: 0.61mg, Epigallocatechin 3-gallate: 0.61mg, Epigallocatechin 3-gallate: 0.61mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

# Nutrients (% of daily need)

Calories: 233.14kcal (11.66%), Fat: 1.38g (2.13%), Saturated Fat: 0.33g (2.07%), Carbohydrates: 51.03g (17.01%), Net Carbohydrates: 42.36g (15.4%), Sugar: 34.99g (38.88%), Cholesterol: 3.06mg (1.02%), Sodium: 78.99mg (3.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.91g (11.82%), Manganese: 0.95mg (47.67%), Vitamin C: 29.79mg (36.11%), Fiber: 8.67g (34.67%), Phosphorus: 206.6mg (20.66%), Copper: 0.36mg (18%), Magnesium: 69.68mg (17.42%), Calcium: 170.08mg (17.01%), Potassium: 453.61mg (12.96%), Vitamin B2: 0.2mg (11.87%), Iron: 1.84mg (10.21%), Vitamin B12: 0.59µg (9.87%), Zinc: 1.3mg (8.67%), Vitamin K: 9.09µg (8.66%), Vitamin D: 1.12µg (7.49%), Vitamin B5: 0.74mg (7.44%), Folate: 26.84µg (6.71%), Vitamin E: 1mg (6.64%), Vitamin B1: 0.1mg (6.53%), Vitamin B6: 0.12mg (6.23%), Vitamin A: 245.65IU (4.91%), Vitamin B3: 0.96mg (4.8%), Selenium: 2.97µg (4.24%)