



Cinnamon Strawberries and Almond Milk



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



243 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.3 cup so delicious original almond plus protein almondmilk
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 5 strawberries washed and hulled
- ☐ 1 teaspoon sugar (can substitute sweetener)

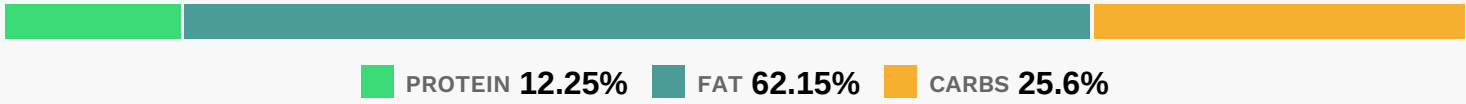
Equipment

- ☐ bowl

Directions

- ☐ Cut each strawberry into half and then quarters. Put into a serving bowl.
- ☐ Combine almond milk and sugar in a small bowl and pour into the serving bowl.
- ☐ Sprinkle cinnamon over the strawberries. Enjoy!

Nutrition Facts



Properties

Glycemic Index:125.09, Glycemic Load:4.49, Inflammation Score:-6, Nutrition Score:14.996956516867%

Flavonoids

Cyanidin: 1.89mg, Cyanidin: 1.89mg, Cyanidin: 1.89mg, Cyanidin: 1.89mg Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg Delphinidin: 0.19mg, Delphinidin: 0.19mg, Delphinidin: 0.19mg, Delphinidin: 0.19mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 14.91mg, Pelargonidin: 14.91mg, Pelargonidin: 14.91mg, Pelargonidin: 14.91mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg Epicatechin: 0.47mg, Epicatechin: 0.47mg, Epicatechin: 0.47mg, Epicatechin: 0.47mg Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 242.83kcal (12.14%), Fat: 18.04g (27.75%), Saturated Fat: 1.37g (8.56%), Carbohydrates: 16.72g (5.57%), Net Carbohydrates: 10.78g (3.92%), Sugar: 8.49g (9.44%), Cholesterol: 0mg (0%), Sodium: 1.05mg (0.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8g (16%), Vitamin E: 9.34mg (62.25%), Manganese: 1.14mg (56.8%), Vitamin C: 35.3mg (42.79%), Magnesium: 104.63mg (26.16%), Vitamin B2: 0.42mg (24.81%), Fiber: 5.93g (23.74%), Copper: 0.4mg (19.95%), Phosphorus: 186.68mg (18.67%), Calcium: 110.82mg (11.08%), Potassium: 356.08mg (10.17%), Iron: 1.62mg (8.98%), Zinc: 1.21mg (8.06%), Vitamin B3: 1.53mg (7.66%), Folate: 30.16µg (7.54%), Vitamin B1: 0.09mg (5.85%), Vitamin B6: 0.08mg (3.9%), Selenium: 1.75µg (2.49%), Vitamin B5: 0.24mg (2.44%),

Vitamin K: 1.48µg (1.41%)