



Date Milk Shake

 Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



275 kcal

BEVERAGE

DRINK

Ingredients

- 0.5 cup milk fat-free
- 1 tablespoon flaxseed meal
- 0.1 teaspoon ground cinnamon
- 3 medjool dates pitted
- 2 cups whipped cream fat-free

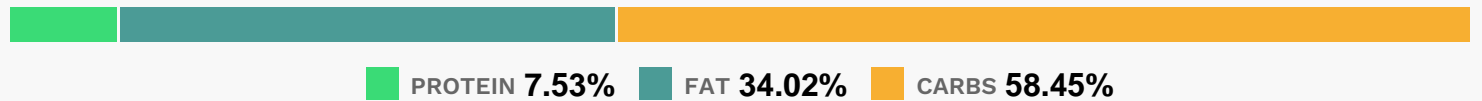
Equipment

- blender

Directions

- Combine milk and dates in a blender; process until smooth.
- Add ice cream, meal, and cinnamon; process until blended.
- Serve immediately.
- Skip the Dairy Substitute equal amounts of vanilla almond milk and vanilla almond milk dairy-free frozen dessert for the milk and ice cream.

Nutrition Facts



Properties

Glycemic Index:43.75, Glycemic Load:12.97, Inflammation Score:-4, Nutrition Score:7.3634783107301%

Nutrients (% of daily need)

Calories: 275.19kcal (13.76%), Fat: 10.73g (16.51%), Saturated Fat: 6.08g (38.01%), Carbohydrates: 41.5g (13.83%), Net Carbohydrates: 38.59g (14.03%), Sugar: 36.71g (40.79%), Cholesterol: 39.94mg (13.31%), Sodium: 88.09mg (3.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.35g (10.69%), Calcium: 188.68mg (18.87%), Vitamin B2: 0.28mg (16.64%), Phosphorus: 166.01mg (16.6%), Potassium: 429.68mg (12.28%), Fiber: 2.91g (11.62%), Magnesium: 39.38mg (9.84%), Vitamin A: 489.79IU (9.8%), Vitamin B12: 0.58µg (9.67%), Vitamin B5: 0.87mg (8.74%), Manganese: 0.15mg (7.59%), Vitamin B1: 0.11mg (7.28%), Vitamin B6: 0.14mg (6.84%), Copper: 0.14mg (6.83%), Zinc: 1mg (6.66%), Selenium: 3µg (4.28%), Vitamin D: 0.63µg (4.17%), Vitamin B3: 0.61mg (3.05%), Folate: 10.85µg (2.71%), Iron: 0.44mg (2.42%), Vitamin E: 0.27mg (1.82%)