



Date Shake Supreme

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



247 kcal

BEVERAGE

DRINK

Ingredients

- 0.5 cup dates pitted
- 1 cup nonfat milk
- 3 cups vanilla nonfat yogurt frozen

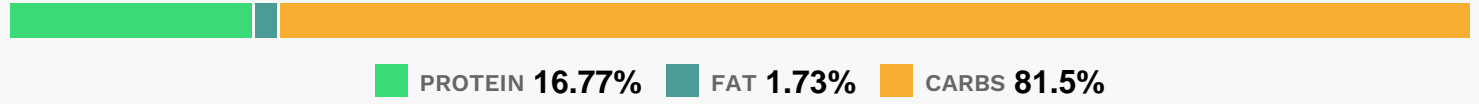
Equipment

- blender

Directions

- Coarsely chop dates.
- In a blender, whirl dates with milk until smooth.
- Add frozen yogurt and whirl until smooth.
- Pour shake into tall, chilled glasses.

Nutrition Facts



Properties

Glycemic Index:21.31, Glycemic Load:7.4, Inflammation Score:-3, Nutrition Score:9.6843477409819%

Flavonoids

Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 247.21kcal (12.36%), Fat: 0.49g (0.75%), Saturated Fat: 0.25g (1.59%), Carbohydrates: 51.69g (17.23%), Net Carbohydrates: 50.22g (18.26%), Sugar: 49.66g (55.17%), Cholesterol: 5.51mg (1.84%), Sodium: 132.05mg (5.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.64g (21.27%), Calcium: 367.32mg (36.73%), Phosphorus: 295.59mg (29.56%), Vitamin B2: 0.42mg (24.89%), Vitamin B12: 1.22µg (20.31%), Selenium: 12.8µg (18.29%), Potassium: 579.3mg (16.55%), Zinc: 1.69mg (11.26%), Magnesium: 42.81mg (10.7%), Vitamin B1: 0.12mg (7.82%), Vitamin B6: 0.14mg (6.97%), Fiber: 1.47g (5.88%), Manganese: 0.11mg (5.71%), Folate: 21.25µg (5.31%), Vitamin D: 0.67µg (4.49%), Vitamin B5: 0.33mg (3.27%), Vitamin A: 148.84IU (2.98%), Copper: 0.06mg (2.96%), Vitamin B3: 0.49mg (2.45%), Vitamin K: 2.52µg (2.4%), Iron: 0.32mg (1.76%), Vitamin C: 1.36mg (1.65%)