



Double-Berry Milk Shake

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



338 kcal

DESSERT

BEVERAGE

DRINK

Ingredients

- 0.8 cup milk
- 0.3 cup powdered sugar
- 1 pint strawberry halves fresh frozen
- 1 pint strawberry ice cream
- 0.5 teaspoon vanilla extract
- 4 servings garnishes: whipped cream sweetened

Equipment

- blender

Directions

- Process first 4 ingredients in a blender until smooth.
- Add ice cream, and process until blended.
- Garnish, if desired.

Nutrition Facts



PROTEIN 7.13% **FAT 33.51%** **CARBS 59.36%**

Properties

Glycemic Index:33.25, Glycemic Load:3.91, Inflammation Score:-6, Nutrition Score:13.709565173025%

Flavonoids

Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 29.4mg, Pelargonidin: 29.4mg, Pelargonidin: 29.4mg, Pelargonidin: 29.4mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 3.68mg, Catechin: 3.68mg, Catechin: 3.68mg, Catechin: 3.68mg Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg Gallic acid: 0.04mg, Gallic acid: 0.04mg, Gallic acid: 0.04mg, Gallic acid: 0.04mg

Nutrients (% of daily need)

Calories: 338.46kcal (16.92%), Fat: 13.09g (20.14%), Saturated Fat: 7.84g (48.99%), Carbohydrates: 52.17g (17.39%), Net Carbohydrates: 48.74g (17.72%), Sugar: 15.86g (17.63%), Cholesterol: 44.36mg (14.79%), Sodium: 90.22mg (3.92%), Alcohol: 0.17g (100%), Alcohol %: 0.07% (100%), Protein: 6.27g (12.54%), Vitamin C: 78.67mg (95.35%), Manganese: 0.55mg (27.61%), Vitamin B2: 0.4mg (23.33%), Calcium: 223.34mg (22.33%), Phosphorus: 198.26mg (19.83%), Potassium: 481.72mg (13.76%), Fiber: 3.43g (13.72%), Vitamin B5: 1.19mg (11.89%), Folate: 42.77µg (10.69%), Vitamin B12: 0.62µg (10.32%), Vitamin A: 507.95IU (10.16%), Magnesium: 38.15mg (9.54%), Vitamin B1: 0.11mg (7.3%), Vitamin B6: 0.15mg (7.26%), Selenium: 3.72µg (5.31%), Zinc: 0.78mg (5.19%), Copper: 0.1mg (5.12%), Iron: 0.74mg (4.12%), Vitamin B3: 0.71mg (3.56%), Vitamin D: 0.53µg (3.51%), Vitamin K: 2.85µg (2.72%), Vitamin E: 0.4mg (2.7%)