



Filipino Avocado Milkshake

 Gluten Free  Popular

READY IN



5 min.

SERVINGS



2

CALORIES



397 kcal

DESSERT

BEVERAGE

DRINK

Ingredients

- 1 avocado pitted cubed peeled
- 5 cubes ice cubes
- 1 teaspoon juice of lime fresh
- 1.3 cups milk
- 1 scoop whipped cream
- 3 tablespoons sugar white

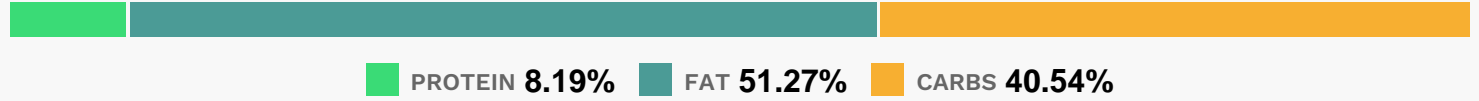
Equipment

- blender

Directions

Place avocado, ice, sugar, milk, lemon juice, and ice cream into a blender. Puree until smooth.

Nutrition Facts



Properties

Glycemic Index:104.55, Glycemic Load:20.8, Inflammation Score:-6, Nutrition Score:15.239565279173%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 396.64kcal (19.83%), Fat: 23.67g (36.41%), Saturated Fat: 7.41g (46.29%), Carbohydrates: 42.1g (14.03%), Net Carbohydrates: 35.12g (12.77%), Sugar: 33.49g (37.21%), Cholesterol: 34.04mg (11.35%), Sodium: 97.23mg (4.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.51g (17.02%), Fiber: 6.97g (27.9%), Vitamin B2: 0.44mg (25.77%), Calcium: 255.96mg (25.6%), Phosphorus: 251.55mg (25.16%), Potassium: 800.38mg (22.87%), Vitamin B5: 2.2mg (21.97%), Folate: 83.31µg (20.83%), Vitamin K: 21.71µg (20.67%), Vitamin B6: 0.37mg (18.72%), Vitamin B12: 1.01µg (16.78%), Vitamin E: 2.27mg (15.11%), Magnesium: 53.83mg (13.46%), Vitamin C: 11mg (13.33%), Vitamin D: 1.86µg (12.37%), Vitamin B1: 0.17mg (11.51%), Vitamin A: 550.43IU (11.01%), Copper: 0.21mg (10.39%), Zinc: 1.55mg (10.3%), Vitamin B3: 1.96mg (9.81%), Manganese: 0.15mg (7.65%), Selenium: 4.2µg (6%), Iron: 0.59mg (3.3%)