



Fresh Strawberry Milk Shakes

 Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



274 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.3 cup milk
- ☐ 8 ounces strawberries stemmed sliced
- ☐ 0.5 teaspoon vanilla extract
- ☐ 1 pint whipped cream

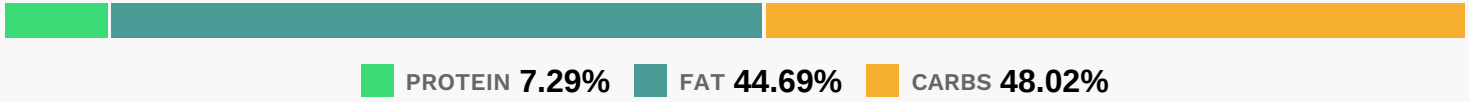
Equipment

- ☐ blender

Directions

- ☐ Blend half of strawberries, 1/4 tsp. vanilla, 1 cup ice cream and 2 Tbsp. milk in blender until smooth.
- ☐ Pour into 2 glasses. Repeat with remaining strawberries, vanilla, ice cream and milk.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:34.75, Glycemic Load:18.08, Inflammation Score:-5, Nutrition Score:8.4956522350726%

Flavonoids

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Nutrients (% of daily need)

Calories: 273.6kcal (13.68%), Fat: 13.67g (21.03%), Saturated Fat: 8.32g (52.03%), Carbohydrates: 33.05g (11.02%), Net Carbohydrates: 31.09g (11.3%), Sugar: 28.65g (31.83%), Cholesterol: 53.88mg (17.96%), Sodium: 101.04mg (4.39%), Alcohol: 0.17g (100%), Alcohol %: 0.11% (100%), Protein: 5.02g (10.04%), Vitamin C: 34.05mg (41.27%), Vitamin B2: 0.32mg (18.7%), Calcium: 179.3mg (17.93%), Phosphorus: 153.25mg (15.32%), Manganese: 0.23mg (11.5%), Vitamin A: 529.53IU (10.59%), Potassium: 345.77mg (9.88%), Vitamin B12: 0.54µg (9.06%), Vitamin B5: 0.82mg (8.15%), Fiber: 1.96g (7.85%), Magnesium: 25.82mg (6.46%), Zinc: 0.96mg (6.39%), Folate: 19.52µg (4.88%), Vitamin B1: 0.07mg (4.71%), Vitamin B6: 0.09mg (4.64%), Selenium: 2.65µg (3.78%), Vitamin E: 0.53mg (3.51%), Copper: 0.05mg (2.75%), Vitamin D: 0.4µg (2.7%), Iron: 0.34mg (1.89%), Vitamin B3: 0.37mg (1.87%), Vitamin K:

1.65µg (1.57%)