



Fruit-Flavored Shake

 Vegetarian

READY IN



5 min.

SERVINGS



5

CALORIES



164 kcal

BEVERAGE

DRINK

Ingredients

- 1 cup milk 1% low-fat
- 1 env. kool-aid cherry flavor drink mix unsweetened or any other flavor
- 0.3 cup granular no-calorie sweetener
- 2 cups no-sugar-added vanilla ice cream light

Equipment

- blender

Directions

- Place all ingredients in blender; cover.
- Blend on high speed 1 min. or until thickened and smooth, stopping occasionally to scrape down side of blender.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:17.2, Glycemic Load:10.95, Inflammation Score:-3, Nutrition Score:4.1356521598671%

Nutrients (% of daily need)

Calories: 164.19kcal (8.21%), Fat: 3.4g (5.24%), Saturated Fat: 2.06g (12.87%), Carbohydrates: 29.65g (9.88%), Net Carbohydrates: 29.47g (10.71%), Sugar: 23.9g (26.56%), Cholesterol: 18.82mg (6.27%), Sodium: 64.21mg (2.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.53g (9.06%), Calcium: 157.96mg (15.8%), Vitamin B2: 0.22mg (13.12%), Phosphorus: 111.96mg (11.2%), Vitamin B12: 0.58µg (9.59%), Vitamin A: 365.34IU (7.31%), Potassium: 203.43mg (5.81%), Vitamin B5: 0.46mg (4.64%), Zinc: 0.65mg (4.33%), Vitamin B1: 0.06mg (4.01%), Vitamin D: 0.58µg (3.87%), Magnesium: 14.36mg (3.59%), Selenium: 2.24µg (3.2%), Vitamin B6: 0.06mg (2.83%), Folate: 4.68µg (1.17%)