

Green Tea Shake

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



10 min.

SERVINGS



2

CALORIES



207 kcal

BEVERAGE

DRINK

Ingredients

- 0.8 cup freshly tea green brewed
- 12 cubes ice cubes
- 1 cup whipped cream
- 3 tablespoons sugar white

Equipment

- blender

Directions

Combine the ice cream, green tea, sugar, food coloring, and ice cubes in a blender. Blend on high until smooth.

Nutrition Facts

 **PROTEIN 4.4%**  **FAT 31.33%**  **CARBS 64.27%**

Properties

Glycemic Index:65.55, Glycemic Load:21.79, Inflammation Score:-7, Nutrition Score:3.2843478244284%

Flavonoids

Catechin: 1.34mg, Catechin: 1.34mg, Catechin: 1.34mg, Catechin: 1.34mg Epigallocatechin: 7.12mg, Epigallocatechin: 7.12mg, Epigallocatechin: 7.12mg, Epigallocatechin: 7.12mg Epicatechin: 1.89mg, Epicatechin: 1.89mg, Epicatechin: 1.89mg, Epicatechin: 1.89mg Epicatechin 3-gallate: 5.19mg, Epicatechin 3-gallate: 5.19mg, Epicatechin 3-gallate: 5.19mg, Epicatechin 3-gallate: 5.19mg Epigallocatechin 3-gallate: 8.28mg, Epigallocatechin 3-gallate: 8.28mg, Epigallocatechin 3-gallate: 8.28mg, Epigallocatechin 3-gallate: 8.28mg Theaflavin: 1.4mg, Theaflavin: 1.4mg, Theaflavin: 1.4mg, Theaflavin: 1.4mg Thearubigins: 71.95mg, Thearubigins: 71.95mg, Thearubigins: 71.95mg, Thearubigins: 71.95mg Kaempferol: 1.25mg, Kaempferol: 1.25mg, Kaempferol: 1.25mg, Kaempferol: 1.25mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg Theaflavin-3,3'-digallate: 1.55mg, Theaflavin-3,3'-digallate: 1.55mg, Theaflavin-3,3'-digallate: 1.55mg, Theaflavin-3,3'-digallate: 1.55mg Theaflavin-3'-gallate: 1.34mg, Theaflavin-3'-gallate: 1.34mg, Theaflavin-3'-gallate: 1.34mg, Theaflavin-3'-gallate: 1.34mg Gallocatechin: 1.11mg, Gallocatechin: 1.11mg, Gallocatechin: 1.11mg, Gallocatechin: 1.11mg

Nutrients (% of daily need)

Calories: 206.8kcal (10.34%), Fat: 7.32g (11.26%), Saturated Fat: 4.48g (28.02%), Carbohydrates: 33.77g (11.26%), Net Carbohydrates: 33.31g (12.11%), Sugar: 31.96g (35.51%), Cholesterol: 29.04mg (9.68%), Sodium: 59.83mg (2.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 17.7mg (5.9%), Protein: 2.31g (4.62%), Vitamin B2: 0.17mg (10.25%), Manganese: 0.2mg (9.99%), Calcium: 87.18mg (8.72%), Phosphorus: 70.18mg (7.02%), Vitamin A: 277.86IU (5.56%), Potassium: 164.45mg (4.7%), Vitamin B12: 0.26µg (4.29%), Vitamin B5: 0.39mg (3.93%), Zinc: 0.48mg (3.22%), Magnesium: 12.73mg (3.18%), Copper: 0.04mg (1.94%), Folate: 7.72µg (1.93%), Fiber: 0.46g (1.85%), Selenium: 1.3µg (1.85%), Vitamin B1: 0.03mg (1.8%), Vitamin B6: 0.03mg (1.58%), Vitamin E: 0.2mg (1.32%)