



Layered Strawberry Shakes

 **Gluten Free**

READY IN



20 min.

SERVINGS



6

CALORIES



225 kcal

BEVERAGE

DRINK

Ingredients

- 16 oz strawberries fresh coarsely chopped
- 4 cups whipped cream
- 0.8 cup milk

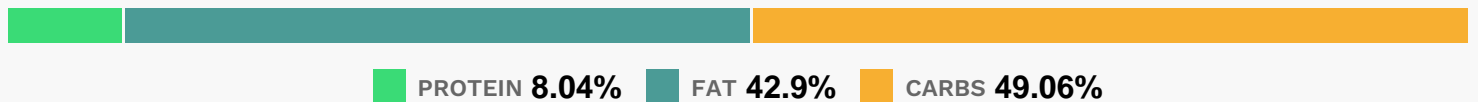
Equipment

- blender

Directions

- In blender, place strawberries. Cover and blend on high speed about 1 minute, stopping blender occasionally to stir, until smooth.
- Remove from blender. Rinse blender.
- In blender, place ice cream and milk. Cover and blend on high speed about 2 minutes, stopping blender occasionally to stir, until smooth and creamy.
- When ready to serve, in each of six 10- to 12-ounce glasses, layer 1/4 cup blended ice cream, 1/3 cup strawberry puree and another 1/4 cup blended ice cream.

Nutrition Facts



Properties

Glycemic Index:23.17, Glycemic Load:14.55, Inflammation Score:-5, Nutrition Score:8.8995652354282%

Flavonoids

Cyanidin: 1.27mg, Cyanidin: 1.27mg, Cyanidin: 1.27mg, Cyanidin: 1.27mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 18.79mg, Pelargonidin: 18.79mg, Pelargonidin: 18.79mg, Pelargonidin: 18.79mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.35mg, Catechin: 2.35mg, Catechin: 2.35mg, Catechin: 2.35mg Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg Epicatechin: 0.32mg, Epicatechin: 0.32mg, Epicatechin: 0.32mg, Epicatechin: 0.32mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 224.65kcal (11.23%), Fat: 10.88g (16.74%), Saturated Fat: 6.55g (40.96%), Carbohydrates: 28g (9.33%), Net Carbohydrates: 25.87g (9.41%), Sugar: 23.82g (26.47%), Cholesterol: 42.38mg (14.13%), Sodium: 82.75mg (3.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.59g (9.17%), Vitamin C: 44.98mg (54.52%), Calcium: 162.25mg (16.23%), Vitamin B2: 0.27mg (15.88%), Manganese: 0.3mg (15%), Phosphorus: 141.35mg (14.13%), Potassium: 336.54mg (9.62%), Vitamin A: 428.96IU (8.58%), Fiber: 2.13g (8.51%), Vitamin B12: 0.51µg (8.47%), Vitamin B5: 0.72mg (7.2%), Magnesium: 25.81mg (6.45%), Folate: 22.54µg (5.64%), Zinc: 0.84mg (5.59%), Vitamin B6: 0.1mg (4.82%), Vitamin B1: 0.07mg (4.75%), Selenium: 2.47µg (3.52%), Vitamin D: 0.51µg (3.41%), Vitamin E: 0.5mg (3.32%), Copper: 0.06mg (2.84%), Iron: 0.39mg (2.16%), Vitamin B3: 0.43mg (2.13%), Vitamin K: 2.02µg

(1.92%)