

Mixed-Berry Shake

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



390 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 6 ounces poached berries unsweetened frozen (such as strawberries, blackberries, and blueberries)
- ☐ 1 quart whipped cream
- ☐ 2 cups milk whole

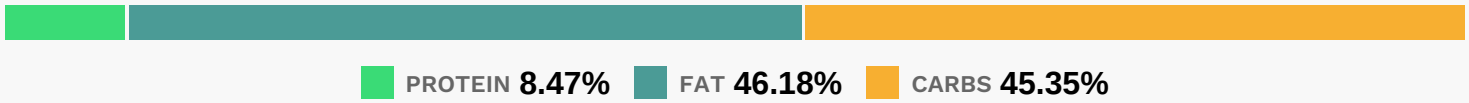
Equipment

- ☐ blender

Directions

- ☐ In a blender, combine half of the ice cream, berries, and milk. Puree until smooth, stopping occasionally to stir with a spoon.
- ☐ Pour into glasses. Repeat with the remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:16.5, Glycemic Load:23.48, Inflammation Score:-5, Nutrition Score:9.6208695795225%

Flavonoids

Cyanidin: 1.24mg, Cyanidin: 1.24mg, Cyanidin: 1.24mg, Cyanidin: 1.24mg Petunidin: 5.15mg, Petunidin: 5.15mg, Petunidin: 5.15mg, Petunidin: 5.15mg Delphinidin: 6.12mg, Delphinidin: 6.12mg, Delphinidin: 6.12mg, Delphinidin: 6.12mg Malvidin: 14.08mg, Malvidin: 14.08mg, Malvidin: 14.08mg, Malvidin: 14.08mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

Nutrients (% of daily need)

Calories: 389.75kcal (19.49%), Fat: 20.13g (30.98%), Saturated Fat: 12.24g (76.48%), Carbohydrates: 44.48g (14.83%), Net Carbohydrates: 42.61g (15.49%), Sugar: 39.75g (44.16%), Cholesterol: 79.16mg (26.39%), Sodium: 157.37mg (6.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.31g (16.61%), Calcium: 304.2mg (30.42%), Vitamin B2: 0.5mg (29.49%), Phosphorus: 250.88mg (25.09%), Vitamin B12: 1.05µg (17.57%), Vitamin A: 808.83IU (16.18%), Potassium: 451.18mg (12.89%), Vitamin B5: 1.26mg (12.55%), Zinc: 1.44mg (9.61%), Magnesium: 33.26mg (8.31%), Vitamin D: 1.21µg (8.07%), Vitamin B1: 0.12mg (7.95%), Fiber: 1.87g (7.48%), Vitamin B6: 0.14mg (7.1%), Selenium: 4.41µg (6.3%), Vitamin K: 5.37µg (5.11%), Vitamin E: 0.65mg (4.33%), Manganese: 0.06mg (2.88%), Folate: 9.87µg (2.47%), Copper: 0.05mg (2.32%), Vitamin B3: 0.42mg (2.08%), Vitamin C: 1.66mg (2.01%), Iron: 0.19mg (1.07%)