



Peach Melba Shake

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



336 kcal

BEVERAGE

DRINK

Ingredients

- 0.3 teaspoon almond extract
- 0.8 cup milk
- 2 cups peaches fresh ripe peeled sliced (2 medium-size peaches)
- 0.5 cup raspberries fresh
- 0.5 cup sugar
- 3 tablespoons sugar
- 2 cups whipped cream

Equipment

food processor

blender

Directions

Process first 5 ingredients in a food processor or blender until smooth, stopping to scrape down sides.

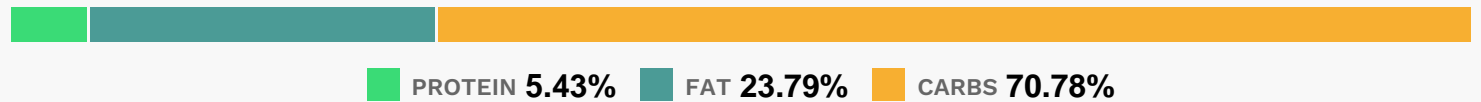
Pour mixture into glasses.

Process raspberries and 1/2 cup sugar until smooth; swirl evenly into shakes.

Serve immediately.

*1/2 cup fresh strawberries may be substituted.

Nutrition Facts



Properties

Glycemic Index:76.36, Glycemic Load:36.64, Inflammation Score:-5, Nutrition Score:7.0730434707973%

Flavonoids

Cyanidin: 8.34mg, Cyanidin: 8.34mg, Cyanidin: 8.34mg, Cyanidin: 8.34mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 3.98mg, Catechin: 3.98mg, Catechin: 3.98mg, Catechin: 3.98mg Epigallocatechin: 0.87mg, Epigallocatechin: 0.87mg, Epigallocatechin: 0.87mg, Epigallocatechin: 0.87mg Epicatechin: 2.33mg, Epicatechin: 2.33mg, Epicatechin: 2.33mg, Epicatechin: 2.33mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 335.83kcal (16.79%), Fat: 9.14g (14.06%), Saturated Fat: 5.35g (33.44%), Carbohydrates: 61.17g (20.39%), Net Carbohydrates: 58.58g (21.3%), Sugar: 57.28g (63.64%), Cholesterol: 34.53mg (11.51%), Sodium: 80.71mg (3.51%), Alcohol: 0.09g (100%), Alcohol %: 0.05% (100%), Protein: 4.69g (9.38%), Vitamin B2: 0.26mg (15.16%), Calcium: 147.95mg (14.8%), Phosphorus: 136.81mg (13.68%), Vitamin A: 607.95IU (12.16%), Fiber: 2.59g (10.37%), Vitamin C: 7.48mg (9.07%), Potassium: 317.61mg (9.07%), Vitamin B12: 0.5µg (8.41%), Manganese: 0.16mg (7.83%), Vitamin B5: 0.72mg (7.21%), Vitamin E: 0.91mg (6.09%), Magnesium: 24.22mg (6.05%), Zinc: 0.89mg (5.91%),

Selenium: 3.91µg (5.58%), Vitamin B1: 0.08mg (5.07%), Copper: 0.09mg (4.59%), Vitamin B6: 0.09mg (4.36%),
Vitamin D: 0.64µg (4.23%), Vitamin B3: 0.84mg (4.18%), Vitamin K: 3.82µg (3.63%), Folate: 11.07µg (2.77%), Iron:
0.44mg (2.46%)