

Peach Melba Shake



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



7

CALORIES



184 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1.5 teaspoons juice of lemon fresh
- ☐ 1.5 cups milk 2% reduced-fat
- ☐ 3 cups whipped cream low-fat
- ☐ 2 cups peaches peeled chopped
- ☐ 2 tablespoons powdered sugar
- ☐ 1.5 cups raspberries fresh

Equipment

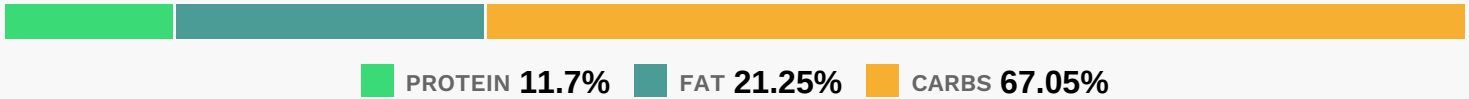
- ☐ blender

- ☐ skewers
- ☐ wooden skewers

Directions

- ☐ Place first 6 ingredients in a blender in the order given; process until smooth.
- ☐ Pour evenly into 7 glasses. If desired, alternately thread 2 raspberries and 1 peach slice on each of 7 wooden skewers, placing 1 skewer in each glass as a garnish.

Nutrition Facts



Properties

Glycemic Index:14.61, Glycemic Load:8.73, Inflammation Score:-5, Nutrition Score:7.0139129654221%

Flavonoids

Cyanidin: 12.61mg, Cyanidin: 12.61mg, Cyanidin: 12.61mg, Cyanidin: 12.61mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.34mg, Delphinidin: 0.34mg, Delphinidin: 0.34mg, Delphinidin: 0.34mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.25mg, Pelargonidin: 0.25mg, Pelargonidin: 0.25mg, Pelargonidin: 0.25mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 2.5mg, Catechin: 2.5mg, Catechin: 2.5mg, Catechin: 2.5mg Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg Epicatechin: 1.93mg, Epicatechin: 1.93mg, Epicatechin: 1.93mg, Epicatechin: 1.93mg Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 183.52kcal (9.18%), Fat: 4.44g (6.82%), Saturated Fat: 2.56g (15.99%), Carbohydrates: 31.5g (10.5%), Net Carbohydrates: 28.97g (10.54%), Sugar: 24.05g (26.72%), Cholesterol: 21.63mg (7.21%), Sodium: 78.01mg (3.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.5g (10.99%), Calcium: 173.84mg (17.38%), Vitamin B2: 0.28mg (16.69%), Phosphorus: 130.85mg (13.08%), Vitamin C: 9.84mg (11.93%), Manganese: 0.21mg (10.48%), Fiber: 2.53g (10.12%), Vitamin A: 495.41IU (9.91%), Vitamin B12: 0.57µg (9.57%), Potassium: 299.95mg (8.57%), Vitamin B5: 0.65mg (6.47%), Zinc: 0.93mg (6.19%), Magnesium: 23.92mg (5.98%), Selenium: 3.56µg (5.08%), Vitamin B1: 0.07mg (4.89%), Vitamin E: 0.64mg (4.27%), Vitamin B6: 0.07mg (3.71%), Folate: 14.69µg (3.67%), Copper: 0.07mg (3.6%), Vitamin K: 3.69µg (3.51%), Vitamin B3: 0.64mg (3.22%), Iron: 0.46mg (2.57%)