



Peaches-and-Cream Milk Shakes

 Gluten Free

READY IN



5 min.

SERVINGS



2

CALORIES



293 kcal

DESSERT

BEVERAGE

DRINK

Ingredients

- ☐ 2 tablespoons maple syrup
- ☐ 0.5 cup milk
- ☐ 10 oz peaches frozen thawed
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup whipped cream softened

Equipment

- ☐ blender

Directions

- ☐ Blend peaches and milk in blender until peaches are in small pieces.
- ☐ Add ice cream, maple syrup and vanilla; blend until smooth (shake will be thick but will thin as it warms).
- ☐ Pour into 2 glasses (garnish with whipped cream, if desired).

Nutrition Facts



Properties

Glycemic Index:87.88, Glycemic Load:20.13, Inflammation Score:-6, Nutrition Score:10.146956505983%

Flavonoids

Cyanidin: 2.72mg, Cyanidin: 2.72mg, Cyanidin: 2.72mg, Cyanidin: 2.72mg Catechin: 6.97mg, Catechin: 6.97mg, Catechin: 6.97mg, Catechin: 6.97mg Epigallocatechin: 1.47mg, Epigallocatechin: 1.47mg, Epigallocatechin: 1.47mg, Epigallocatechin: 1.47mg Epicatechin: 3.32mg, Epicatechin: 3.32mg, Epicatechin: 3.32mg, Epicatechin: 3.32mg Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 292.51kcal (14.63%), Fat: 9.6g (14.76%), Saturated Fat: 5.64g (35.27%), Carbohydrates: 46.47g (15.49%), Net Carbohydrates: 43.88g (15.96%), Sugar: 41.06g (45.62%), Cholesterol: 36.36mg (12.12%), Sodium: 96.39mg (4.19%), Alcohol: 0.69g (100%), Alcohol %: 0.3% (100%), Protein: 5.6g (11.2%), Vitamin B2: 0.54mg (31.91%), Manganese: 0.56mg (27.94%), Calcium: 187.2mg (18.72%), Vitamin A: 838.78IU (16.78%), Phosphorus: 162.21mg (16.22%), Potassium: 443.73mg (12.68%), Fiber: 2.59g (10.35%), Vitamin B12: 0.59µg (9.78%), Vitamin E: 1.26mg (8.42%), Vitamin B5: 0.83mg (8.29%), Magnesium: 32.34mg (8.08%), Zinc: 1.17mg (7.82%), Selenium: 5.32µg (7.61%), Vitamin C: 6.21mg (7.52%), Vitamin B1: 0.11mg (7.24%), Vitamin B3: 1.31mg (6.54%), Copper: 0.13mg (6.39%), Vitamin D: 0.8µg (5.35%), Vitamin B6: 0.1mg (5.24%), Vitamin K: 4.63µg (4.41%), Iron: 0.57mg (3.14%), Folate: 11.8µg (2.95%)