



Pink Lady Milk Shake



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



290 kcal

DESSERT

BEVERAGE

DRINK

Ingredients

- ☐ 3 tablespoons rum dark
- ☐ 4 servings pepper black finely
- ☐ 4 ounces strawberries fresh hulled quartered (3 large)
- ☐ 1 pint strawberry ice cream
- ☐ 1 tablespoon sugar
- ☐ 4 servings whipped cream
- ☐ 1 teaspoon citrus champagne vinegar

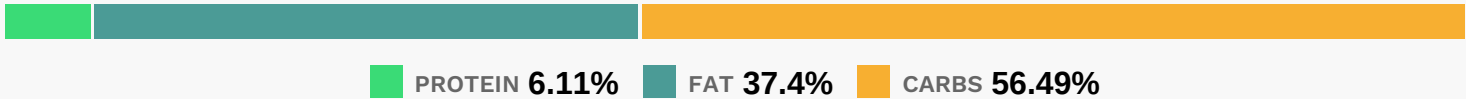
Equipment

☐ blender

Directions

- ☐ Combine strawberries and sugar in a small bowl; let macerate until juices are released, about 30 minutes.
- ☐ Add rum and vinegar.
- ☐ Scoop ice cream into a blender.
- ☐ Add strawberry mixture and blend until smooth. Divide milk shake among small glasses. To each shake with a dollop of whipped cream; sprinkle lightly with pepper.
- ☐ Serve with a straw (or two).

Nutrition Facts



Properties

Glycemic Index:53.02, Glycemic Load:3.16, Inflammation Score:-4, Nutrition Score:7.0052173746669%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Pelargonidin: 7.04mg, Pelargonidin: 7.04mg, Pelargonidin: 7.04mg, Pelargonidin: 7.04mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.88mg, Catechin: 0.88mg, Catechin: 0.88mg, Catechin: 0.88mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 289.64kcal (14.48%), Fat: 11.37g (17.49%), Saturated Fat: 6.97g (43.59%), Carbohydrates: 38.63g (12.88%), Net Carbohydrates: 36.97g (13.45%), Sugar: 4.86g (5.4%), Cholesterol: 38.87mg (12.96%), Sodium: 72mg (3.13%), Alcohol: 3.76g (100%), Alcohol %: 2.83% (100%), Protein: 4.18g (8.36%), Vitamin C: 25.78mg (31.25%), Vitamin B2: 0.31mg (18.41%), Calcium: 153.1mg (15.31%), Phosphorus: 131.15mg (13.11%), Manganese: 0.22mg (10.86%), Vitamin B5:

0.91mg (9.07%), Vitamin A: 423.59IU (8.47%), Potassium: 276.69mg (7.91%), Fiber: 1.66g (6.63%), Vitamin B12: 0.37µg (6.2%), Folate: 21.2µg (5.3%), Magnesium: 21.13mg (5.28%), Vitamin B1: 0.06mg (4.2%), Vitamin B6: 0.08mg (3.77%), Selenium: 2.47µg (3.53%), Zinc: 0.47mg (3.14%), Copper: 0.06mg (3.1%), Iron: 0.39mg (2.16%), Vitamin B3: 0.32mg (1.59%)