

Pom-Berry Shake

 Gluten Free

READY IN



5 min.

SERVINGS



4

CALORIES



598 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 12 ounces berries such as strawberries mixed frozen
- ☐ 0.5 cup pomegranate-blueberry juice
- ☐ 1 cup milk
- ☐ 1 quart whipped cream
- ☐ 4 servings garnishes: whipped cream fresh

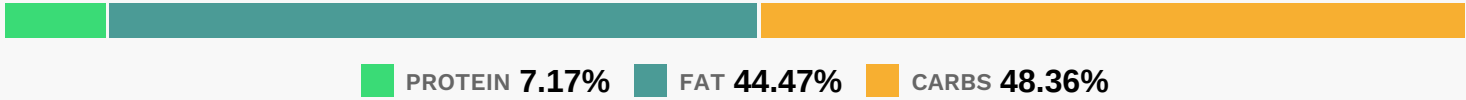
Equipment

- ☐ blender

Directions

- ☐ Combine first 4 ingredients in a blender; process until smooth.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:34.54, Inflammation Score:-7, Nutrition Score:14.663913084113%

Flavonoids

Cyanidin: 3.71mg, Cyanidin: 3.71mg, Cyanidin: 3.71mg, Cyanidin: 3.71mg Petunidin: 15.44mg, Petunidin: 15.44mg, Petunidin: 15.44mg, Petunidin: 15.44mg Delphinidin: 18.36mg, Delphinidin: 18.36mg, Delphinidin: 18.36mg, Delphinidin: 18.36mg Malvidin: 42.23mg, Malvidin: 42.23mg, Malvidin: 42.23mg, Malvidin: 42.23mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.4mg, Peonidin: 0.4mg, Peonidin: 0.4mg, Peonidin: 0.4mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.53mg, Luteolin: 1.53mg, Luteolin: 1.53mg, Luteolin: 1.53mg Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg Myricetin: 1.5mg, Myricetin: 1.5mg, Myricetin: 1.5mg, Myricetin: 1.5mg Quercetin: 3.95mg, Quercetin: 3.95mg, Quercetin: 3.95mg, Quercetin: 3.95mg

Nutrients (% of daily need)

Calories: 598.44kcal (29.92%), Fat: 29.85g (45.93%), Saturated Fat: 18.07g (112.96%), Carbohydrates: 73.06g (24.35%), Net Carbohydrates: 69.1g (25.13%), Sugar: 63.88g (70.98%), Cholesterol: 115.98mg (38.66%), Sodium: 222.06mg (9.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.83g (21.66%), Vitamin B2: 0.69mg (40.43%), Calcium: 391.02mg (39.1%), Phosphorus: 324.72mg (32.47%), Vitamin A: 1176.85IU (23.54%), Vitamin B12: 1.27µg (21.16%), Vitamin C: 15.58mg (18.89%), Potassium: 646.04mg (18.46%), Vitamin B5: 1.73mg (17.27%), Fiber: 3.95g (15.81%), Vitamin K: 14.95µg (14.24%), Zinc: 1.96mg (13.1%), Vitamin E: 1.73mg (11.52%), Magnesium: 45.35mg (11.34%), Vitamin B1: 0.16mg (10.71%), Vitamin B6: 0.2mg (10.17%), Selenium: 5.59µg (7.98%), Vitamin D: 1.17µg (7.79%), Manganese: 0.15mg (7.32%), Folate: 17.96µg (4.49%), Copper: 0.08mg (4.18%), Vitamin B3: 0.78mg (3.92%), Iron: 0.61mg (3.38%)