



Prune Whip Shakes



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



261 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 cup cracked ice
- ☐ 2 cups yogurt plain low-fat
- ☐ 0.5 cup maple syrup pure
- ☐ 12 prune- cut to pieces pitted
- ☐ 1 teaspoon vanilla extract pure
- ☐ 1 cup water hot

Equipment

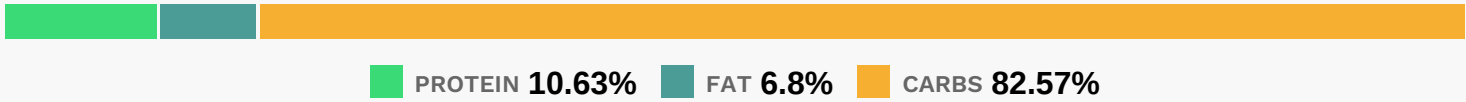
- ☐ bowl

☐ blender

Directions

- ☐ In a bowl, cover the prunes with the hot water and let soften for about 20 minutes. Reserve the soaking water and coarsely chop the prunes.
- ☐ In a blender, mix the yogurt with the ice, maple syrup, vanilla and rum.
- ☐ Add the prunes and their soaking water and blend.
- ☐ Serve or pour into a thermos.
- ☐ Make Ahead: The shakes can be refrigerated overnight. Shake before drinking.
- ☐ Notes: One Serving: 243 calories, 2 gm total fat, 5 gm saturated fat, 54 gm carb.

Nutrition Facts



Properties

Glycemic Index:16.38, Glycemic Load:14.84, Inflammation Score:-4, Nutrition Score:11.925652255183%

Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 260.73kcal (13.04%), Fat: 2.01g (3.1%), Saturated Fat: 1.25g (7.82%), Carbohydrates: 55.04g (18.35%), Net Carbohydrates: 52.91g (19.24%), Sugar: 44.3g (49.22%), Cholesterol: 7.35mg (2.45%), Sodium: 95.98mg (4.17%), Alcohol: 0.34g (100%), Alcohol %: 0.14% (100%), Protein: 7.09g (14.17%), Manganese: 1.02mg (51.13%), Vitamin B2: 0.83mg (48.83%), Calcium: 284.61mg (28.46%), Phosphorus: 197.16mg (19.72%), Vitamin K: 18.09µg (17.23%), Potassium: 598.29mg (17.09%), Vitamin B12: 0.69µg (11.43%), Magnesium: 42.88mg (10.72%), Zinc: 1.52mg (10.11%), Fiber: 2.13g (8.52%), Vitamin B5: 0.85mg (8.51%), Vitamin B1: 0.1mg (6.39%), Vitamin B6: 0.12mg (6.09%), Copper: 0.12mg (5.99%), Vitamin A: 296.77IU (5.94%), Selenium: 4.13µg (5.9%), Vitamin B3: 0.74mg (3.7%), Folate: 14.68µg (3.67%), Iron: 0.42mg (2.35%), Vitamin C: 1.16mg (1.41%), Vitamin E: 0.17mg (1.1%)