



Raspberry, Ginger, and Coconut Shake

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



5 min.

SERVINGS



2

CALORIES



169 kcal

BEVERAGE

DRINK

Ingredients

- 1 teaspoon ginger fresh finely minced grated
- 1 cup raspberries
- 1 cup whipped cream such as so delicious

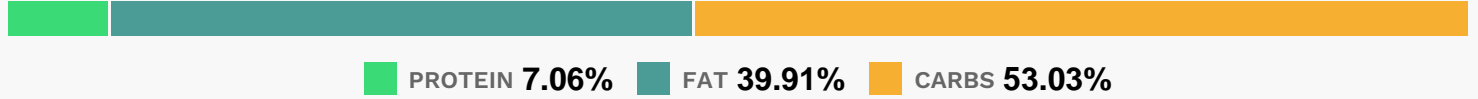
Equipment

- blender

Directions

- Add raspberries to the blender, pulse a few times, then puree on medium high speed until smooth, about 30 seconds.
- Add the coconut milk ice cream and the ginger to the raspberry puree and blend just until smooth.
- Serve immediately, garnished with additional raspberries if desired.

Nutrition Facts



Properties

Glycemic Index:51, Glycemic Load:10.09, Inflammation Score:-4, Nutrition Score:6.5660869660585%

Flavonoids

Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 168.62kcal (8.43%), Fat: 7.66g (11.78%), Saturated Fat: 4.49g (28.09%), Carbohydrates: 22.89g (7.63%), Net Carbohydrates: 18.51g (6.73%), Sugar: 16.66g (18.51%), Cholesterol: 29.04mg (9.68%), Sodium: 53.53mg (2.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.05g (6.1%), Manganese: 0.41mg (20.48%), Vitamin C: 16.17mg (19.6%), Fiber: 4.38g (17.53%), Vitamin B2: 0.18mg (10.68%), Calcium: 99.64mg (9.96%), Phosphorus: 87.04mg (8.7%), Potassium: 226.09mg (6.46%), Vitamin A: 297.66IU (5.95%), Vitamin B5: 0.58mg (5.83%), Magnesium: 22.87mg (5.72%), Vitamin E: 0.72mg (4.82%), Zinc: 0.71mg (4.74%), Vitamin K: 4.88µg (4.65%), Vitamin B12: 0.26µg (4.29%), Folate: 16.01µg (4%), Copper: 0.07mg (3.57%), Vitamin B6: 0.07mg (3.31%), Vitamin B1: 0.05mg (3.1%), Iron: 0.48mg (2.66%), Vitamin B3: 0.44mg (2.21%), Selenium: 1.32µg (1.88%)