



Raspberry Ripple Milk Shake

 Gluten Free

READY IN



5 min.

SERVINGS



5

CALORIES



47 kcal

BEVERAGE

DRINK

Ingredients

- 1 cup milk 2%
- 0.3 cup raspberries chopped (12 berries)
- 2 Tbsp jell-o raspberry flavor gelatin
- 2 Tbsp raspberry sherbet

Equipment

Directions

- Pour milk into tall glass.
- Add gelatin mix; stir several minutes until gelatin mix is completely dissolved. Stir in raspberries; top with sherbet.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:15.4, Glycemic Load:0.99, Inflammation Score:-1, Nutrition Score:2.0795652205529%

Flavonoids

Cyanidin: 3.66mg, Cyanidin: 3.66mg, Cyanidin: 3.66mg, Cyanidin: 3.66mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 46.94kcal (2.35%), Fat: 1.1g (1.7%), Saturated Fat: 0.66g (4.15%), Carbohydrates: 7.55g (2.52%), Net Carbohydrates: 6.95g (2.53%), Sugar: 6.59g (7.32%), Cholesterol: 3.84mg (1.28%), Sodium: 38.03mg (1.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.94g (3.87%), Calcium: 61.92mg (6.19%), Vitamin B2: 0.1mg (5.72%), Phosphorus: 52.06mg (5.21%), Vitamin B12: 0.26µg (4.3%), Manganese: 0.06mg (3.06%), Vitamin C: 2.33mg (2.82%), Potassium: 84.03mg (2.4%), Fiber: 0.6g (2.39%), Selenium: 1.47µg (2.1%), Vitamin B5: 0.21mg (2.08%), Zinc: 0.29mg (1.93%), Magnesium: 7.48mg (1.87%), Vitamin B1: 0.02mg (1.51%), Vitamin B6: 0.02mg (1.19%), Folate: 4.36µg (1.09%), Vitamin A: 53.5IU (1.07%)