



Red Berry Frappé

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



174 kcal

SIDE DISH

Ingredients

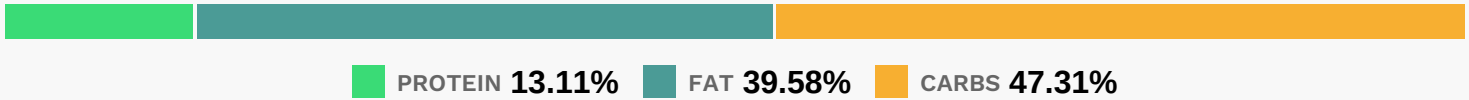
- ☐ 2 cups milk
- ☐ 4 ounces raspberries fresh
- ☐ 8 ounces strawberries hulled sliced
- ☐ 2 scoops whipped cream

Equipment

Directions

- ☐ Place all the ingredients except garnish in a blender and blend until smooth.
- ☐ Serve in tall glasses with straws; garnish with a berry on the rim of each glass.
- ☐ Other

Nutrition Facts



Properties

Glycemic Index:41.25, Glycemic Load:8.46, Inflammation Score:-5, Nutrition Score:10.449565296588%

Flavonoids

Cyanidin: 13.93mg, Cyanidin: 13.93mg, Cyanidin: 13.93mg, Cyanidin: 13.93mg Petunidin: 0.15mg, Petunidin: 0.15mg, Petunidin: 0.15mg, Petunidin: 0.15mg Delphinidin: 0.55mg, Delphinidin: 0.55mg, Delphinidin: 0.55mg, Delphinidin: 0.55mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 14.37mg, Pelargonidin: 14.37mg, Pelargonidin: 14.37mg, Pelargonidin: 14.37mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 2.13mg, Catechin: 2.13mg, Catechin: 2.13mg, Catechin: 2.13mg Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg Epicatechin: 1.24mg, Epicatechin: 1.24mg, Epicatechin: 1.24mg, Epicatechin: 1.24mg Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg

Nutrients (% of daily need)

Calories: 174.4kcal (8.72%), Fat: 7.89g (12.14%), Saturated Fat: 4.52g (28.27%), Carbohydrates: 21.21g (7.07%), Net Carbohydrates: 18.01g (6.55%), Sugar: 16.89g (18.77%), Cholesterol: 29.16mg (9.72%), Sodium: 73.61mg (3.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.88g (11.75%), Vitamin C: 40.96mg (49.65%), Calcium: 208.46mg (20.85%), Manganese: 0.42mg (20.82%), Phosphorus: 179.7mg (17.97%), Vitamin B2: 0.27mg (15.93%), Vitamin B12: 0.79µg (13.13%), Fiber: 3.21g (12.83%), Potassium: 378.23mg (10.81%), Vitamin D: 1.41µg (9.39%), Magnesium: 32.87mg (8.22%), Vitamin B5: 0.81mg (8.11%), Vitamin A: 352.73IU (7.05%), Vitamin B1: 0.1mg (6.97%), Vitamin B6: 0.13mg (6.63%), Zinc: 0.93mg (6.18%), Folate: 21.21µg (5.3%), Selenium: 3.2µg (4.56%), Vitamin E: 0.57mg (3.81%), Vitamin K: 3.92µg (3.74%), Copper: 0.06mg (3.08%), Vitamin B3: 0.55mg (2.77%), Iron: 0.46mg (2.54%)