



Red Berry Frappé

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



160 kcal

SIDE DISH

Ingredients

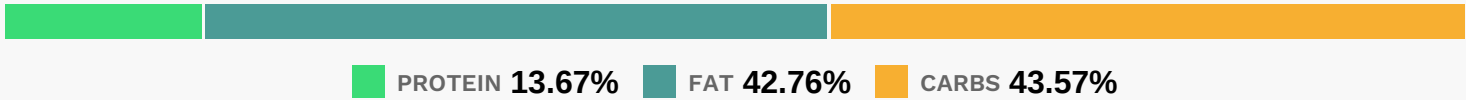
- ☐ 2 cups milk
- ☐ 4 ounces raspberries fresh
- ☐ 4 strawberries whole for garnish
- ☐ 2 scoops whipped cream

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:7.45, Inflammation Score:-4, Nutrition Score:7.8234782270763%

Flavonoids

Cyanidin: 13.18mg, Cyanidin: 13.18mg, Cyanidin: 13.18mg, Cyanidin: 13.18mg Petunidin: 0.1mg, Petunidin: 0.1mg, Petunidin: 0.1mg, Petunidin: 0.1mg Delphinidin: 0.41mg, Delphinidin: 0.41mg, Delphinidin: 0.41mg, Delphinidin: 0.41mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 3.26mg, Pelargonidin: 3.26mg, Pelargonidin: 3.26mg, Pelargonidin: 3.26mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 1.05mg, Epicatechin: 1.05mg, Epicatechin: 1.05mg, Epicatechin: 1.05mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 160.09kcal (8%), Fat: 7.75g (11.93%), Saturated Fat: 4.52g (28.23%), Carbohydrates: 17.78g (5.93%), Net Carbohydrates: 15.47g (5.62%), Sugar: 14.7g (16.34%), Cholesterol: 29.16mg (9.72%), Sodium: 73.16mg (3.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.58g (11.15%), Calcium: 201.31mg (20.13%), Vitamin C: 14.68mg (17.8%), Phosphorus: 168.97mg (16.9%), Vitamin B2: 0.26mg (15.35%), Vitamin B12: 0.79µg (13.13%), Manganese: 0.24mg (12.19%), Vitamin D: 1.41µg (9.39%), Fiber: 2.31g (9.25%), Potassium: 309.84mg (8.85%), Vitamin B5: 0.76mg (7.55%), Vitamin A: 347.37IU (6.95%), Magnesium: 27.06mg (6.76%), Vitamin B1: 0.09mg (6.25%), Zinc: 0.86mg (5.76%), Vitamin B6: 0.11mg (5.57%), Selenium: 3.02µg (4.31%), Vitamin E: 0.44mg (2.94%), Vitamin K: 2.94µg (2.8%), Folate: 10.48µg (2.62%), Copper: 0.04mg (2%), Vitamin B3: 0.38mg (1.91%), Iron: 0.27mg (1.53%)