



Rich Pistachio Shake

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



206 kcal

BEVERAGE

DRINK

Ingredients

- 0.8 cup vanilla almond milk unsweetened
- 1 Dash sea salt
- 2 cups vanilla yogurt frozen low-fat
- 2 tablespoons maple syrup
- 0.3 cup pistachios
- 0.1 teaspoon vanilla extract

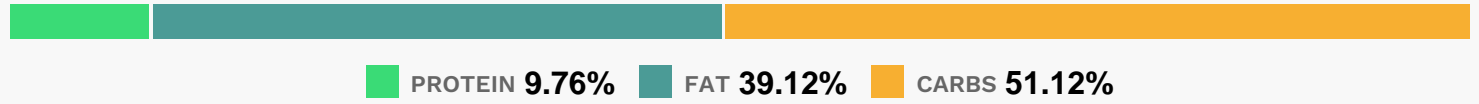
Equipment

- blender

Directions

- Place first 5 ingredients in a blender; process until smooth.
- Add frozen yogurt; process until smooth. Divide among 4 glasses.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:13.63, Glycemic Load:2.78, Inflammation Score:-2, Nutrition Score:6.4343478595433%

Flavonoids

Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 206.01kcal (10.3%), Fat: 9.25g (14.23%), Saturated Fat: 3.03g (18.95%), Carbohydrates: 27.19g (9.06%), Net Carbohydrates: 25.99g (9.45%), Sugar: 24.12g (26.8%), Cholesterol: 1.44mg (0.48%), Sodium: 134.28mg (5.84%), Alcohol: 0.04g (100%), Alcohol %: 0.04% (100%), Protein: 5.19g (10.38%), Manganese: 0.36mg (18.1%), Calcium: 180.89mg (18.09%), Vitamin B2: 0.3mg (17.93%), Phosphorus: 143.11mg (14.31%), Vitamin B6: 0.23mg (11.59%), Vitamin B1: 0.12mg (8.16%), Copper: 0.16mg (8.11%), Potassium: 279.67mg (7.99%), Magnesium: 24.6mg (6.15%), Vitamin B5: 0.52mg (5.18%), Fiber: 1.2g (4.79%), Selenium: 3.09µg (4.42%), Zinc: 0.6mg (3.99%), Vitamin A: 195.18IU (3.9%), Iron: 0.63mg (3.49%), Vitamin B12: 0.21µg (3.48%), Folate: 9.55µg (2.39%), Vitamin E: 0.31mg (2.1%), Vitamin B3: 0.35mg (1.74%), Vitamin C: 1.15mg (1.39%)