



Roasted Strawberry Shortcake Shake



Gluten Free



Popular

READY IN



25 min.

SERVINGS



2

CALORIES



402 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 1.5 cups milk
- ☐ 1 pound strawberries cut in half
- ☐ 1 teaspoon sugar
- ☐ 1.5 cups whipped cream

Equipment

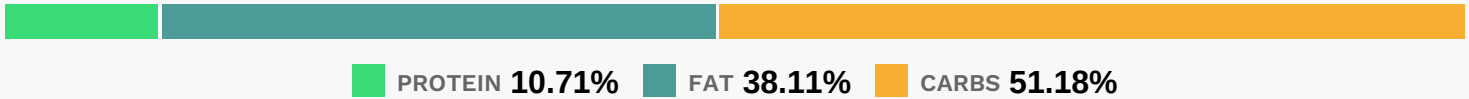
- ☐ food processor
- ☐ baking sheet

- ☐ oven
- ☐ blender

Directions

- ☐ Toss the strawberries in the balsamic vinegar and sugar, place on a baking sheet in a single layer and and roast in a preheated 425F oven until they start to caramelize, about 15–20 minutes.Puree every thing in a food processor or blender and enjoy!

Nutrition Facts



Properties

Glycemic Index:129.55, Glycemic Load:24.31, Inflammation Score:-8, Nutrition Score:20.539565272953%

Flavonoids

Cyanidin: 3.81mg, Cyanidin: 3.81mg, Cyanidin: 3.81mg, Cyanidin: 3.81mg Petunidin: 0.25mg, Petunidin: 0.25mg, Petunidin: 0.25mg, Petunidin: 0.25mg Delphinidin: 0.7mg, Delphinidin: 0.7mg, Delphinidin: 0.7mg, Delphinidin: 0.7mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 56.36mg, Pelargonidin: 56.36mg, Pelargonidin: 56.36mg, Pelargonidin: 56.36mg Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg Catechin: 7.05mg, Catechin: 7.05mg, Catechin: 7.05mg, Catechin: 7.05mg Epigallocatechin: 1.77mg, Epigallocatechin: 1.77mg, Epigallocatechin: 1.77mg, Epigallocatechin: 1.77mg Epicatechin: 0.95mg, Epicatechin: 0.95mg, Epicatechin: 0.95mg, Epicatechin: 0.95mg Epicatechin 3–gallate: 0.34mg, Epicatechin 3–gallate: 0.34mg, Epicatechin 3–gallate: 0.34mg, Epicatechin 3–gallate: 0.34mg Epigallocatechin 3–gallate: 0.25mg, Epigallocatechin 3–gallate: 0.25mg, Epigallocatechin 3–gallate: 0.25mg, Epigallocatechin 3–gallate: 0.25mg Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg Kaempferol: 1.13mg, Kaempferol: 1.13mg, Kaempferol: 1.13mg, Kaempferol: 1.13mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 402.04kcal (20.1%), Fat: 17.43g (26.82%), Saturated Fat: 10.16g (63.5%), Carbohydrates: 52.68g (17.56%), Net Carbohydrates: 47.45g (17.26%), Sugar: 44.07g (48.97%), Cholesterol: 65.52mg (21.84%), Sodium: 152.87mg (6.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.03g (22.05%), Vitamin C: 133.95mg (162.36%), Manganese: 0.9mg (45.06%), Calcium: 390.28mg (39.03%), Phosphorus: 344.73mg (34.47%), Vitamin B2: 0.54mg (31.79%), Potassium: 827.51mg (23.64%), Vitamin B12: 1.37µg (22.9%), Fiber: 5.23g (20.92%), Magnesium: 66.26mg (16.57%), Vitamin B5: 1.54mg (15.41%), Folate: 59.38µg (14.85%), Vitamin A: 740.47IU (14.81%), Vitamin D: 2.21µg (14.74%), Vitamin B6: 0.27mg (13.29%), Vitamin B1: 0.2mg (13.17%), Zinc: 1.76mg (11.72%), Selenium: 6.18µg (8.83%), Vitamin E: 1.05mg (6.97%), Copper: 0.14mg (6.78%), Iron: 1.08mg (5.99%), Vitamin B3: 1.18mg (5.91%), Vitamin K:

5.84μg (5.56%)