



Sorbet Shakes

 **Gluten Free**

READY IN



25 min.

SERVINGS



1

CALORIES



363 kcal

BEVERAGE

DRINK

Ingredients

- 0.5 banana ripe mashed
- 12 ounce evaporated skim milk canned
- 1 teaspoon honey
- 2 scoops chocolate sorbet
- 0.5 teaspoon vanilla extract
- 1 serving whipped cream for garnish

Equipment

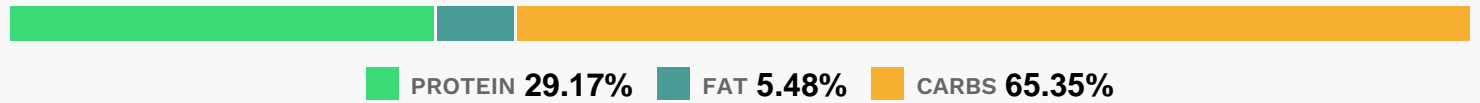
- bowl

blender

Directions

- In a bowl add 1/4 cup of milk, cover and freeze for 15 to 20 minutes.
- Remove bowl from freezer and with a hand held beater mix for 2 to 3 minutes on high, after reaching soft peaks, add vanilla and honey and continue to mix until stiff. Set aside. Blend remaining milk, bananas and sorbet in blender and pour into a glass tumbler, top with a dollop of banana whipped cream.

Nutrition Facts



Properties

Glycemic Index:162.05, Glycemic Load:9.95, Inflammation Score:-8, Nutrition Score:23.296087099158%

Flavonoids

Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 362.8kcal (18.14%), Fat: 2.22g (3.41%), Saturated Fat: 1.31g (8.17%), Carbohydrates: 59.54g (19.85%), Net Carbohydrates: 57.95g (21.07%), Sugar: 52.84g (58.71%), Cholesterol: 18.17mg (6.06%), Sodium: 394.09mg (17.13%), Alcohol: 0.69g (100%), Alcohol %: 0.21% (100%), Protein: 26.58g (53.16%), Calcium: 996.21mg (99.62%), Phosphorus: 682.1mg (68.21%), Vitamin B2: 1.1mg (64.87%), Vitamin D: 6.83µg (45.52%), Potassium: 1356.08mg (38.75%), Vitamin A: 1419.23IU (28.38%), Vitamin B5: 2.73mg (27.31%), Magnesium: 108.82mg (27.21%), Zinc: 3.19mg (21.27%), Vitamin B6: 0.41mg (20.41%), Vitamin B12: 0.83µg (13.9%), Selenium: 9.23µg (13.19%), Vitamin B1: 0.17mg (11.59%), Vitamin C: 9.25mg (11.21%), Folate: 42.74µg (10.68%), Manganese: 0.19mg (9.5%), Iron: 1.17mg (6.53%), Fiber: 1.59g (6.34%), Copper: 0.1mg (5.25%), Vitamin B3: 1.01mg (5.03%)