



Spooky Berry Shakes

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



269 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 tablespoon peppermint candies white
- ☐ 0.3 teaspoon vegetable oil
- ☐ 2 drops drop natural food coloring green
- ☐ 4 clear candies (8- to 9-oz size)
- ☐ 4 scoops whipped cream
- ☐ 1 cup blueberries frozen
- ☐ 1 cup raspberries frozen
- ☐ 2 cups milk

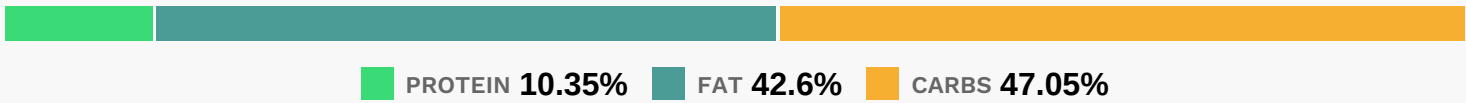
Equipment

- ☐ bowl
- ☐ knife
- ☐ blender
- ☐ microwave

Directions

- ☐ In small microwavable bowl, microwave vanilla chips and oil uncovered on High about 1 minute or until chips can be stirred smooth. Stir in green food color. With tip of knife, spread on inside of each cup to look like eyes and mouth.
- ☐ In blender, place remaining ingredients. Cover; blend until smooth.
- ☐ Pour into cups.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:41.25, Glycemic Load:13.6, Inflammation Score:-5, Nutrition Score:9.9452174435491%

Flavonoids

Cyanidin: 16.86mg, Cyanidin: 16.86mg, Cyanidin: 16.86mg, Cyanidin: 16.86mg Petunidin: 11.76mg, Petunidin: 11.76mg, Petunidin: 11.76mg, Petunidin: 11.76mg Delphinidin: 13.51mg, Delphinidin: 13.51mg, Delphinidin: 13.51mg, Delphinidin: 13.51mg Malvidin: 25.05mg, Malvidin: 25.05mg, Malvidin: 25.05mg, Malvidin: 25.05mg Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg Peonidin: 7.54mg, Peonidin: 7.54mg, Peonidin: 7.54mg, Peonidin: 7.54mg Catechin: 2.35mg, Catechin: 2.35mg, Catechin: 2.35mg, Catechin: 2.35mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 1.29mg, Epicatechin: 1.29mg, Epicatechin: 1.29mg, Epicatechin: 1.29mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 269.07kcal (13.45%), Fat: 13.04g (20.06%), Saturated Fat: 7.9g (49.41%), Carbohydrates: 32.4g (10.8%), Net Carbohydrates: 29.1g (10.58%), Sugar: 26.97g (29.97%), Cholesterol: 43.68mg (14.56%), Sodium: 102.12mg (4.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.13g (14.26%), Calcium: 249.81mg (24.98%), Vitamin B2: 0.35mg (20.78%), Phosphorus: 205.66mg (20.57%), Manganese: 0.34mg (16.77%), Vitamin B12: 0.92µg (15.27%), Vitamin C: 11.85mg (14.36%), Fiber: 3.3g (13.2%), Potassium: 388.13mg (11.09%), Vitamin A: 505.38IU (10.11%), Vitamin K: 10.56µg (10.06%), Vitamin B5: 0.98mg (9.83%), Vitamin D: 1.47µg (9.83%), Magnesium: 32.7mg (8.18%), Vitamin B1: 0.12mg (7.91%), Zinc: 1.14mg (7.61%), Vitamin B6: 0.14mg (7.09%), Selenium: 3.6µg (5.15%), Vitamin E: 0.75mg (5.03%), Copper: 0.06mg (3.22%), Folate: 11.82µg (2.95%), Vitamin B3: 0.54mg (2.69%), Iron: 0.37mg (2.06%)