



## Strawberry Cereal Shake

 Vegetarian  Very Healthy

READY IN



5 min.

SERVINGS



1

CALORIES



259 kcal

BEVERAGE

DRINK

### Ingredients

- 0.5 cup bran flake cereal with dates, raisins and walnuts
- 1 cup milk fat-free
- 1 Tbsp honey
- 1 cup strawberries unsweetened frozen

### Equipment

- blender

# Directions

- Place all ingredients in blender container; cover.
- Blend on high speed 30 sec. or until well blended.
- Pour into large glass.
- Serve immediately.

# Nutrition Facts

 **PROTEIN 16.25%**  **FAT 3.36%**  **CARBS 80.39%**

# Properties

Glycemic Index:197.77, Glycemic Load:25.27, Inflammation Score:-9, Nutrition Score:28.441739279291%

# Flavonoids

Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

# Nutrients (% of daily need)

Calories: 258.82kcal (12.94%), Fat: 1.05g (1.61%), Saturated Fat: 0.22g (1.39%), Carbohydrates: 56.44g (18.81%), Net Carbohydrates: 49.86g (18.13%), Sugar: 40.38g (44.86%), Cholesterol: 7.35mg (2.45%), Sodium: 210.73mg (9.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.41g (22.82%), Vitamin C: 84.78mg (102.76%), Manganese: 1.29mg (64.68%), Folate: 173.28µg (43.32%), Vitamin B12: 2.42µg (40.35%), Phosphorus: 387.35mg (38.74%), Vitamin B2: 0.64mg (37.68%), Calcium: 356.5mg (35.65%), Iron: 6.28mg (34.88%), Vitamin B1: 0.43mg (28.78%), Vitamin B6: 0.55mg (27.74%), Fiber: 6.58g (26.33%), Magnesium: 94.34mg (23.58%), Selenium: 16.14µg (23.06%), Vitamin D: 3.36µg (22.37%), Potassium: 746.99mg (21.34%), Vitamin B3: 4.21mg (21.05%), Vitamin A: 1017.08IU (20.34%), Zinc: 2.35mg (15.67%), Vitamin B5: 1.24mg (12.43%), Copper: 0.18mg (9.08%), Vitamin E: 0.57mg (3.81%),

Vitamin K: 3.45µg (3.28%)