



Strawberry-Cheesecake Milk Shakes

READY IN



5 min.

SERVINGS



2

CALORIES



331 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 graham cracker squares
- ☐ 0.3 cup milk
- ☐ 1 cup strawberries fresh sliced
- ☐ 2 cups strawberry-cheesecake ice cream softened

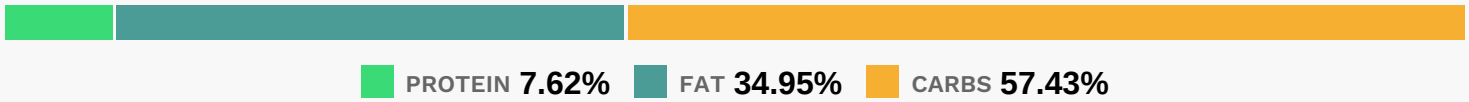
Equipment

- ☐ blender
- ☐ rolling pin

Directions

- ☐ Place graham crackers in a ziplock bag. Seal bag and crush crackers with a rolling pin. Blend ice cream, milk, sliced strawberries and half of graham cracker crumbs in blender until smooth.
- ☐ Pour into 2 glasses and top each with half of remaining graham cracker crumbs. (
- ☐ Garnish each with a whole strawberry, if you like.)

Nutrition Facts



Properties

Glycemic Index:76, Glycemic Load:6.13, Inflammation Score:-6, Nutrition Score:11.709565178208%

Flavonoids

Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 330.56kcal (16.53%), Fat: 13.31g (20.47%), Saturated Fat: 7.73g (48.3%), Carbohydrates: 49.19g (16.4%), Net Carbohydrates: 46.33g (16.85%), Sugar: 7.09g (7.87%), Cholesterol: 43.16mg (14.39%), Sodium: 141.5mg (6.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.53g (13.06%), Vitamin C: 52.5mg (63.64%), Vitamin B2: 0.43mg (25.02%), Calcium: 225.47mg (22.55%), Phosphorus: 204.49mg (20.45%), Manganese: 0.38mg (19.13%), Potassium: 431.71mg (12.33%), Vitamin B5: 1.19mg (11.92%), Fiber: 2.87g (11.46%), Vitamin B12: 0.62µg (10.26%), Vitamin A: 496.92IU (9.94%), Magnesium: 36.85mg (9.21%), Folate: 36.34µg (9.09%), Vitamin B1: 0.12mg (7.69%), Vitamin B6: 0.13mg (6.58%), Zinc: 0.85mg (5.68%), Selenium: 3.57µg (5.1%), Iron: 0.86mg (4.79%), Copper: 0.09mg

(4.3%), Vitamin B3: 0.81mg (4.05%), Vitamin D: 0.45µg (2.98%), Vitamin K: 1.71µg (1.62%), Vitamin E: 0.23mg (1.53%)