



Strawberry Cheesecake Milkshake

 Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



430 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 6 ounces cream cheese
- ☐ 1 teaspoon lemon zest grated
- ☐ 1 cup milk
- ☐ 1 pound strawberries frozen (not in syrup)
- ☐ 1 teaspoon vanilla extract pure
- ☐ 3 cups whipped cream

Equipment

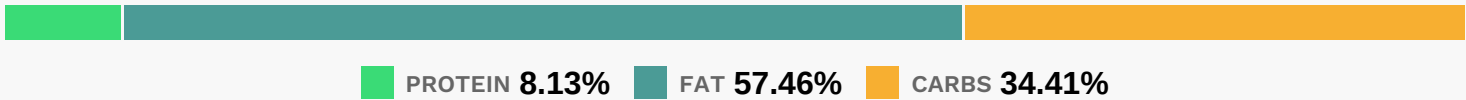
- ☐ baking sheet

- ☐ blender
- ☐ ziploc bags

Directions

- ☐ In two batches if necessary, blend together ice cream, cream cheese, milk, vanilla, lemon zest, and strawberries in a blender until smooth, 1 to 2 minutes.
- ☐ •If you want to use fresh—not frozen—berries, feel free to do so, but your milkshake won't be as thick. •If you are lucky enough to have a bumper crop from your own garden or you bought loads of berries at the farmers' market, you can freeze them yourself. Wash and dry them and cut off the green tops.
- ☐ Spread the berries out on large rimmed baking sheets lined with towels, and freeze the berries uncovered, until firm, about a couple of hours, then transfer the frozen berries to heavy-duty resealable plastic bags.

Nutrition Facts



Properties

Glycemic Index:41.5, Glycemic Load:18.12, Inflammation Score:-7, Nutrition Score:14.624347821526%

Flavonoids

Cyanidin: 1.91mg, Cyanidin: 1.91mg, Cyanidin: 1.91mg, Cyanidin: 1.91mg Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 0.35mg, Delphinidin: 0.35mg, Delphinidin: 0.35mg, Delphinidin: 0.35mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 28.18mg, Pelargonidin: 28.18mg, Pelargonidin: 28.18mg, Pelargonidin: 28.18mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 3.53mg, Catechin: 3.53mg, Catechin: 3.53mg, Catechin: 3.53mg Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg Epicatechin: 0.48mg, Epicatechin: 0.48mg, Epicatechin: 0.48mg, Epicatechin: 0.48mg Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 429.77kcal (21.49%), Fat: 27.81g (42.79%), Saturated Fat: 16.46g (102.9%), Carbohydrates: 37.48g (12.49%), Net Carbohydrates: 34.46g (12.53%), Sugar: 31.21g (34.68%), Cholesterol: 93.83mg (31.28%), Sodium: 237.16mg (10.31%), Alcohol: 0.34g (100%), Alcohol %: 0.14% (100%), Protein: 8.85g (17.7%), Vitamin C: 67.92mg (82.32%), Vitamin B2: 0.45mg (26.23%), Calcium: 261.92mg (26.19%), Phosphorus: 238.4mg (23.84%), Manganese: 0.46mg (22.75%), Vitamin A: 1100.57IU (22.01%), Potassium: 520.42mg (14.87%), Vitamin B12: 0.81µg (13.48%), Fiber: 3.01g (12.06%), Vitamin B5: 1.19mg (11.89%), Selenium: 7.06µg (10.08%), Magnesium: 39.94mg (9.99%), Folate: 36.06µg (9.01%), Zinc: 1.31mg (8.71%), Vitamin B6: 0.16mg (8.15%), Vitamin B1: 0.11mg (7.48%), Vitamin E: 1.02mg (6.82%), Vitamin D: 0.87µg (5.79%), Copper: 0.09mg (4.33%), Vitamin K: 3.87µg (3.68%), Iron: 0.61mg (3.37%), Vitamin B3: 0.66mg (3.31%)