



Strawberry Cheesecake Shakes

READY IN



10 min.

SERVINGS



2

CALORIES



633 kcal

BEVERAGE

DRINK

Ingredients

- 2 cups strawberry ice cream softened
- 2 tablespoon strawberries
- 6 ounces cream cheese softened
- 1 tablespoon powdered sugar
- 0.1 piece round cake white cooled cut into chunks (from 13x9-inch pan)*
- 1 serving graham cracker crumbs
- 1 serving strawberries fresh sliced

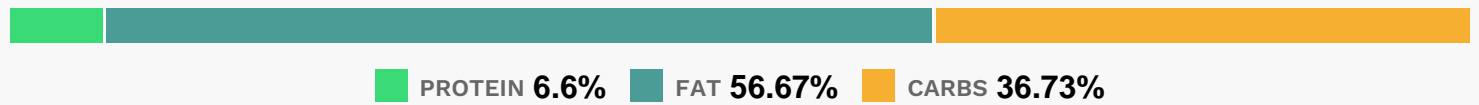
Equipment

blender

Directions

- In blender, place ice cream and milk. Cover and blend on high speed until smooth and creamy.
- Add cream cheese, powdered sugar and cake chunks; cover and blend until smooth, stopping blender to scrape down sides if necessary.
- Pour into 2 glasses; top with graham cracker crumbs and sliced strawberries.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:90.5, Glycemic Load:3.51, Inflammation Score:-8, Nutrition Score:15.600869693834%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Petunidin: 0.1mg, Petunidin: 0.1mg, Petunidin: 0.1mg, Petunidin: 0.1mg Delphinidin: 0.27mg, Delphinidin: 0.27mg, Delphinidin: 0.27mg, Delphinidin: 0.27mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 21.57mg, Pelargonidin: 21.57mg, Pelargonidin: 21.57mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.7mg, Catechin: 2.7mg, Catechin: 2.7mg, Catechin: 2.7mg Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg Epicatechin: 0.36mg, Epicatechin: 0.36mg, Epicatechin: 0.36mg Epicatechin 3-gallate: 0.13mg, Epicatechin 3-gallate: 0.13mg, Epicatechin 3-gallate: 0.13mg, Epicatechin 3-gallate: 0.13mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 632.81kcal (31.64%), Fat: 40.99g (63.07%), Saturated Fat: 24.15g (150.95%), Carbohydrates: 59.79g (19.93%), Net Carbohydrates: 56.79g (20.65%), Sugar: 16.06g (17.84%), Cholesterol: 136.93mg (45.64%), Sodium: 428.37mg (18.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.75g (21.49%), Vitamin C: 61.19mg (74.18%), Vitamin B2: 0.59mg (34.52%), Vitamin A: 1594.27IU (31.89%), Calcium: 263.97mg (26.4%), Phosphorus: 261.97mg (26.2%), Manganese: 0.47mg (23.69%), Selenium: 11.33µg (16.19%), Vitamin B5: 1.6mg (16.03%), Potassium: 506.55mg (14.47%), Folate: 50.43µg (12.61%), Fiber: 3g (12.01%), Vitamin B12: 0.61µg (10.22%),

Magnesium: 39.09mg (9.77%), Vitamin B1: 0.13mg (8.75%), Vitamin B6: 0.16mg (8.07%), Zinc: 1.07mg (7.13%),
Vitamin E: 1.01mg (6.75%), Iron: 1.09mg (6.05%), Copper: 0.11mg (5.7%), Vitamin B3: 0.9mg (4.48%), Vitamin K:
3.72µg (3.54%)