



Strawberry Kiwi Milkshakes

 Gluten Free

READY IN



10 min.

SERVINGS



8

CALORIES



284 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 4 cups kiwifruit sliced
- ☐ 4 cups milk
- ☐ 4 cups strawberries fresh sliced
- ☐ 4 cups whipped cream

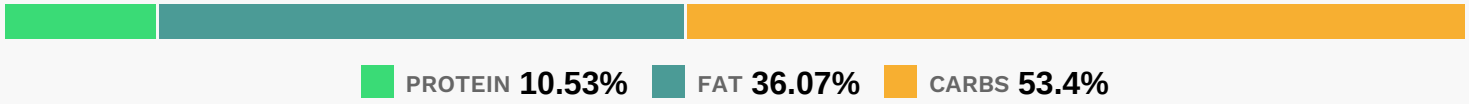
Equipment

- ☐ blender

Directions

- ☐ Place the strawberries, kiwi, milk, and ice cream in a blender (in batches, if necessary), and blend until smooth.
- ☐ Pour into tall cups, and enjoy!

Nutrition Facts



Properties

Glycemic Index:23.96, Glycemic Load:18.15, Inflammation Score:-7, Nutrition Score:17.04521732745%

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 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: 0.54mg, Epicatechin: 0.54mg, Epicatechin: 0.54mg, Epicatechin: 0.54mg Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg Kaempferol: 1.27mg, Kaempferol: 1.27mg, Kaempferol: 1.27mg, Kaempferol: 1.27mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 284.19kcal (14.21%), Fat: 11.77g (18.11%), Saturated Fat: 6.79g (42.42%), Carbohydrates: 39.19g (13.06%), Net Carbohydrates: 34.64g (12.59%), Sugar: 31.34g (34.82%), Cholesterol: 43.68mg (14.56%), Sodium: 104.31mg (4.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.73g (15.46%), Vitamin C: 108.84mg (131.93%), Vitamin K: 37.81µg (36.01%), Calcium: 277.04mg (27.7%), Phosphorus: 239.89mg (23.99%), Vitamin B2: 0.36mg (21.45%), Manganese: 0.37mg (18.74%), Fiber: 4.56g (18.23%), Potassium: 599.73mg (17.14%), Vitamin B12: 0.92µg (15.27%), Magnesium: 47.4mg (11.85%), Vitamin A: 561.14IU (11.22%), Vitamin B5: 1.09mg (10.9%), Folate: 43.59µg (10.9%), Vitamin E: 1.62mg (10.79%), Vitamin D: 1.47µg (9.83%), Vitamin B6: 0.19mg (9.7%), Vitamin B1: 0.14mg (9.1%), Copper: 0.17mg (8.48%), Zinc: 1.18mg (7.87%), Selenium: 3.97µg (5.67%), Vitamin B3: 0.81mg (4.05%), Iron: 0.57mg (3.15%)