



Strawberry-Malted Milk Shake

 Vegetarian

READY IN



45 min.

SERVINGS



3

CALORIES



251 kcal

DESSERT

BEVERAGE

DRINK

Ingredients

- ☐ 2 cups whipped cream low-fat
- ☐ 3 tablespoons liquid malt extract
- ☐ 0.3 cup skim milk
- ☐ 1.5 cups strawberries halved
- ☐ 1 tablespoon sugar

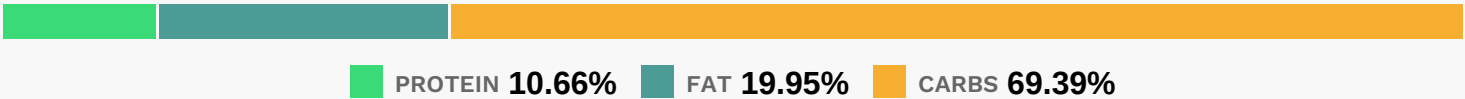
Equipment

- ☐ blender

Directions

- ☐ Place first 5 ingredients in a blender, and process until smooth.
- ☐ Garnish with whole strawberries, if desired.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:59.78, Glycemic Load:15.41, Inflammation Score:-6, Nutrition Score:9.9317390918732%

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: 251.32kcal (12.57%), Fat: 5.66g (8.71%), Saturated Fat: 3.25g (20.32%), Carbohydrates: 44.32g (14.77%), Net Carbohydrates: 42.57g (15.48%), Sugar: 33.56g (37.29%), Cholesterol: 29.29mg (9.76%), Sodium: 106.39mg (4.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.81g (13.62%), Vitamin C: 43.71mg (52.98%), Calcium: 218.05mg (21.8%), Vitamin B2: 0.35mg (20.73%), Phosphorus: 163.19mg (16.32%), Manganese: 0.3mg (14.84%), Potassium: 396.8mg (11.34%), Vitamin B12: 0.64µg (10.64%), Vitamin A: 516.58IU (10.33%), Magnesium: 31.11mg (7.78%), Vitamin B1: 0.11mg (7.35%), Fiber: 1.75g (7%), Vitamin B5: 0.68mg (6.85%), Zinc: 0.99mg (6.58%), Folate: 26.3µg (6.57%), Vitamin B6: 0.11mg (5.69%), Selenium: 3.65µg (5.21%), Vitamin B3: 0.73mg (3.64%), Copper: 0.06mg (3.17%), Iron: 0.53mg (2.93%), Vitamin E: 0.35mg (2.33%), Vitamin K: 2.29µg (2.18%), Vitamin D: 0.33µg (2.17%)