



Strawberry Milk Shakes

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



718 kcal

DESSERT

BEVERAGE

DRINK

Ingredients

- ☐ 1 cup karo syrup for drizzling
- ☐ 4 strawberries with stems (optional; for garnish)
- ☐ 2 pints strawberry ice cream softened
- ☐ 1 cup milk whole

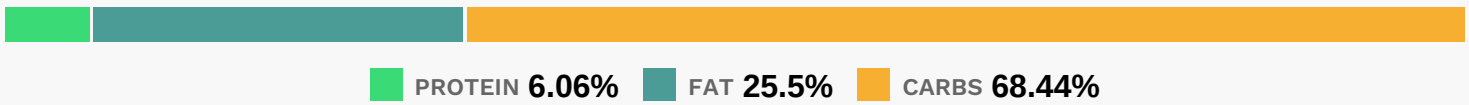
Equipment

- ☐ blender
- ☐ drinking straws

Directions

- ☐ Place four 12-ounce glasses in freezer for 1 hour.
- ☐ Place 1 cup Strawberry Syrup, 1 cup milk, and 1 pint ice cream in blender; purée until smooth.
- ☐ Add second pint of ice cream and purée until almost smooth. Divide mixture among frozen glasses.
- ☐ Drizzle each with some Strawberry Syrup, garnish with strawberry, if desired, and serve with spoon and straw.

Nutrition Facts



Properties

Glycemic Index:19.5, Glycemic Load:1.36, Inflammation Score:-6, Nutrition Score:13.082608528759%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 2.98mg, Pelargonidin: 2.98mg, Pelargonidin: 2.98mg, Pelargonidin: 2.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 718.04kcal (35.9%), Fat: 21.86g (33.63%), Saturated Fat: 13.42g (83.85%), Carbohydrates: 131.99g (44%), Net Carbohydrates: 129.62g (47.14%), Sugar: 54.26g (60.29%), Cholesterol: 75.93mg (25.31%), Sodium: 225.78mg (9.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.68g (23.36%), Calcium: 417.69mg (41.77%), Vitamin B2: 0.69mg (40.6%), Vitamin C: 25.27mg (30.63%), Phosphorus: 301.08mg (30.11%), Vitamin B5: 1.95mg (19.46%), Vitamin B12: 1.04µg (17.32%), Vitamin A: 857.34IU (17.15%), Potassium: 554.65mg (15.85%), Manganese: 0.23mg (11.66%), Magnesium: 42mg (10.5%), Vitamin B1: 0.14mg (9.57%), Fiber: 2.37g (9.48%), Selenium: 5.7µg (8.15%), Vitamin B6: 0.16mg (8.06%), Folate: 31.27µg (7.82%), Zinc: 1.07mg (7.14%), Copper: 0.09mg (4.7%), Vitamin D: 0.67µg (4.47%), Iron: 0.55mg (3.03%), Vitamin B3: 0.51mg (2.56%)