



## Strawberry Rhubarb Pie Vegan Shake

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



227 kcal

BEVERAGE

DRINK

### Ingredients

- 1 banana frozen ripe
- 2 tablespoons graham cracker crumbs (check label to ensure it is vegan)
- 3 servings ice cubes
- 3 teaspoons juice of lemon freshly squeezed
- 1 cup lite coconut milk light
- 1 cup rhubarb
- 2 pounds strawberries fresh sliced
- 0.5 teaspoon vanilla extract pure

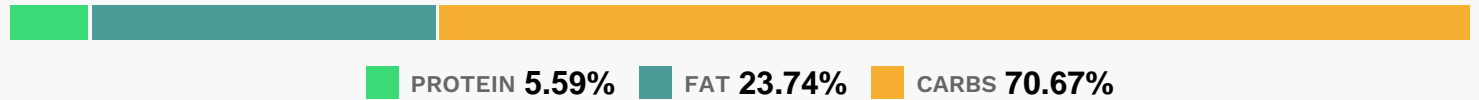
# Equipment

blender

# Directions

Combine all ingredients in a blender; pulse until smooth. Top with soy or dairy based whip cream and sprinkle with additional graham crackers.

# Nutrition Facts



# Properties

Glycemic Index:60.59, Glycemic Load:14.96, Inflammation Score:-8, Nutrition Score:16.309130434783%

# Flavonoids

Cyanidin: 5.08mg, Cyanidin: 5.08mg, Cyanidin: 5.08mg, Cyanidin: 5.08mg Petunidin: 0.33mg, Petunidin: 0.33mg, Petunidin: 0.33mg, Petunidin: 0.33mg Delphinidin: 0.94mg, Delphinidin: 0.94mg, Delphinidin: 0.94mg, Delphinidin: 0.94mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 75.15mg, Pelargonidin: 75.15mg, Pelargonidin: 75.15mg, Pelargonidin: 75.15mg Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg Catechin: 12.69mg, Catechin: 12.69mg, Catechin: 12.69mg, Catechin: 12.69mg Epigallocatechin: 2.36mg, Epigallocatechin: 2.36mg, Epigallocatechin: 2.36mg, Epigallocatechin: 2.36mg Epicatechin: 1.49mg, Epicatechin: 1.49mg, Epicatechin: 1.49mg, Epicatechin: 1.49mg Epicatechin 3-gallate: 0.7mg, Epicatechin 3-gallate: 0.7mg, Epicatechin 3-gallate: 0.7mg, Epicatechin 3-gallate: 0.7mg Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.86mg, Naringenin: 0.86mg, Naringenin: 0.86mg, Naringenin: 0.86mg Kaempferol: 1.56mg, Kaempferol: 1.56mg, Kaempferol: 1.56mg, Kaempferol: 1.56mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 3.4mg, Quercetin: 3.4mg, Quercetin: 3.4mg, Quercetin: 3.4mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

# Taste

Sweetness: 100%, Saltiness: 2.13%, Sourness: 57.45%, Bitterness: 12.14%, Savoriness: 6.29%, Fattiness: 14.72%, Spiciness: 0%

# Nutrients (% of daily need)

Calories: 227.15kcal (11.36%), Fat: 6.24g (9.6%), Saturated Fat: 4.66g (29.11%), Carbohydrates: 41.77g (13.92%), Net Carbohydrates: 33.72g (12.26%), Sugar: 21.78g (24.2%), Cholesterol: 0mg (0%), Sodium: 107.44mg (4.67%), Alcohol: 0.23g (1.27%), Protein: 3.3g (6.61%), Vitamin C: 186.42mg (225.96%), Manganese: 1.36mg (67.76%), Fiber: 8.04g (32.18%), Folate: 87.35µg (21.84%), Potassium: 738.53mg (21.1%), Vitamin K: 18.76µg (17.87%), Vitamin B6: 0.31mg (15.27%), Magnesium: 59.68mg (14.92%), Phosphorus: 100.83mg (10.08%), Copper: 0.2mg (9.83%), Iron: 1.71mg (9.51%), Calcium: 92.64mg (9.26%), Vitamin B3: 1.81mg (9.05%), Vitamin B2: 0.12mg (7.34%), Vitamin B1: 0.11mg (7.29%), Vitamin E: 1.03mg (6.89%), Vitamin B5: 0.55mg (5.51%), Zinc: 0.66mg (4.41%), Selenium: 2.06µg (2.94%), Vitamin A: 103.24IU (2.06%)