

## Strawberry Shakes

 Gluten Free

READY IN



10 min.

SERVINGS



2

CALORIES



569 kcal

BEVERAGE

DRINK

### Ingredients

- ☐ 19 oz strawberries whole sliced
- ☐ 3 cups whipped cream
- ☐ 1 cup milk whole

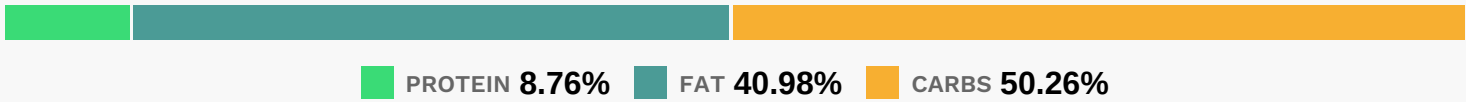
### Equipment

- ☐ blender

### Directions

☐ Purée all ingredients in a blender just until smooth.

# Nutrition Facts



## Properties

Glycemic Index:69.5, Glycemic Load:35.94, Inflammation Score:-9, Nutrition Score:23.524347823599%

## Flavonoids

Cyanidin: 4.52mg, Cyanidin: 4.52mg, Cyanidin: 4.52mg, Cyanidin: 4.52mg Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg Delphinidin: 0.83mg, Delphinidin: 0.83mg, Delphinidin: 0.83mg, Delphinidin: 0.83mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 66.93mg, Pelargonidin: 66.93mg, Pelargonidin: 66.93mg, Pelargonidin: 66.93mg Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg Catechin: 8.38mg, Catechin: 8.38mg, Catechin: 8.38mg, Catechin: 8.38mg Epigallocatechin: 2.1mg, Epigallocatechin: 2.1mg, Epigallocatechin: 2.1mg, Epigallocatechin: 2.1mg Epicatechin: 1.13mg, Epicatechin: 1.13mg, Epicatechin: 1.13mg, Epicatechin: 1.13mg Epicatechin 3-gallate: 0.4mg, Epicatechin 3-gallate: 0.4mg, Epicatechin 3-gallate: 0.4mg, Epicatechin 3-gallate: 0.4mg Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg Naringenin: 0.7mg, Naringenin: 0.7mg, Naringenin: 0.7mg, Naringenin: 0.7mg Kaempferol: 1.35mg, Kaempferol: 1.35mg, Kaempferol: 1.35mg, Kaempferol: 1.35mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg

## Nutrients (% of daily need)

Calories: 569.24kcal (28.46%), Fat: 26.49g (40.76%), Saturated Fat: 15.75g (98.46%), Carbohydrates: 73.11g (24.37%), Net Carbohydrates: 66.34g (24.12%), Sugar: 61.01g (67.79%), Cholesterol: 101.76mg (33.92%), Sodium: 207.45mg (9.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.74g (25.47%), Vitamin C: 159.55mg (193.39%), Manganese: 1.06mg (53.01%), Calcium: 446.59mg (44.66%), Vitamin B2: 0.7mg (41.34%), Phosphorus: 395.76mg (39.58%), Potassium: 989.08mg (28.26%), Fiber: 6.77g (27.09%), Vitamin B12: 1.43µg (23.85%), Vitamin A: 1063.54IU (21.27%), Vitamin B5: 1.94mg (19.42%), Magnesium: 77.37mg (19.34%), Folate: 74.54µg (18.63%), Zinc: 2.24mg (14.96%), Vitamin B6: 0.3mg (14.8%), Vitamin B1: 0.21mg (14.28%), Vitamin D: 1.74µg (11.59%), Selenium: 6.96µg (9.94%), Vitamin E: 1.44mg (9.57%), Copper: 0.18mg (8.8%), Iron: 1.28mg (7.12%), Vitamin B3: 1.4mg (6.99%), Vitamin K: 6.89µg (6.56%)