



Strawberry Shortcake Drink

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



5 min.

SERVINGS



1

CALORIES



414 kcal

Ingredients

- 1.3 fluid ounces amaretto
- 0.5 cup ice cubes crushed
- 0.3 cup strawberries frozen thawed
- 1 strawberry fresh
- 1 dash vanilla extract
- 1 cup whipped cream
- 1 tablespoon whipped cream

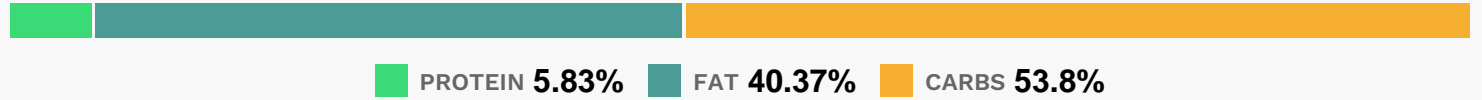
Equipment

- blender

Directions

- Place thawed frozen strawberries, amaretto liqueur, vanilla ice cream, vanilla extract, crushed ice, and vanilla vodka into a blender.
- Cover and blend until smooth.
- Pour into a glass and garnish with whipped cream and a fresh strawberry.

Nutrition Facts



Properties

Glycemic Index:196, Glycemic Load:19.84, Inflammation Score:-6, Nutrition Score:8.3613043349722%

Flavonoids

Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Pelargonidin: 11.93mg, Pelargonidin: 11.93mg, Pelargonidin: 11.93mg, Pelargonidin: 11.93mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.49mg, Catechin: 1.49mg, Catechin: 1.49mg, Catechin: 1.49mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 414.3kcal (20.71%), Fat: 15.77g (24.27%), Saturated Fat: 9.63g (60.2%), Carbohydrates: 47.31g (15.77%), Net Carbohydrates: 45.43g (16.52%), Sugar: 42.61g (47.34%), Cholesterol: 61.5mg (20.5%), Sodium: 115.32mg (5.01%), Alcohol: 9.64g (100%), Alcohol %: 3.6% (100%), Caffeine: 9.61mg (3.2%), Protein: 5.12g (10.25%), Vitamin C: 29.02mg (35.17%), Vitamin B2: 0.33mg (19.7%), Calcium: 185.11mg (18.51%), Phosphorus: 156.35mg (15.63%), Vitamin A: 592.3IU (11.85%), Manganese: 0.2mg (10.12%), Potassium: 353.97mg (10.11%), Vitamin B12: 0.53µg (8.8%), Vitamin B5: 0.84mg (8.41%), Fiber: 1.88g (7.54%), Magnesium: 27.52mg (6.88%), Zinc: 1.02mg (6.78%), Vitamin B1: 0.07mg (4.59%), Folate: 18.25µg (4.56%), Vitamin B6: 0.09mg (4.39%), Copper: 0.09mg (4.38%), Selenium: 2.74µg (3.92%), Vitamin E: 0.56mg (3.76%), Vitamin B3: 0.4mg (1.98%), Iron: 0.34mg (1.89%), Vitamin D: 0.28µg (1.88%), Vitamin K: 1.54µg (1.46%)