



Strawberry-Soy Milk Shake



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



143 kcal

DESSERT

BEVERAGE

DRINK

Ingredients

- ☐ 2 tablespoons honey
- ☐ 0.5 cup ice cubes
- ☐ 2 cups silken tofu soft
- ☐ 0.5 cup soymilk plain
- ☐ 2 cups strawberries fresh washed and stems removed
- ☐ 2 teaspoons strawberry jam

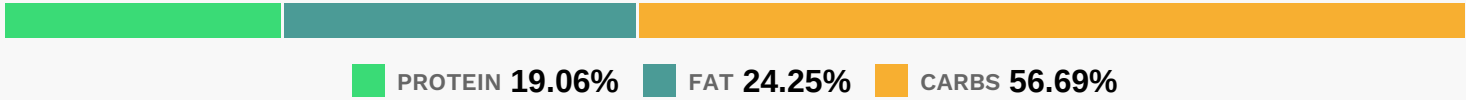
Equipment

- ☐ blender

Directions

- ☐ Combine all the ingredients in a blender and purée until smooth.
- ☐ Pour and serve.

Nutrition Facts



Properties

Glycemic Index:45.17, Glycemic Load:7.75, Inflammation Score:-5, Nutrition Score:8.9156522284383%

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: 143.03kcal (7.15%), Fat: 4g (6.15%), Saturated Fat: 0.49g (3.09%), Carbohydrates: 21.04g (7.01%), Net Carbohydrates: 19.31g (7.02%), Sugar: 16.13g (17.93%), Cholesterol: 0mg (0%), Sodium: 24.4mg (1.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.07g (14.14%), Vitamin C: 44.82mg (54.33%), Copper: 0.33mg (16.39%), Manganese: 0.29mg (14.39%), Magnesium: 44.31mg (11.08%), Potassium: 372.84mg (10.65%), Vitamin B1: 0.15mg (10.29%), Calcium: 91.71mg (9.17%), Phosphorus: 91.71mg (9.17%), Iron: 1.47mg (8.17%), Vitamin B3: 1.62mg (8.09%), Vitamin B2: 0.13mg (7.56%), Fiber: 1.74g (6.94%), Folate: 27.32µg (6.83%), Vitamin E: 0.96mg (6.38%), Vitamin B6: 0.12mg (5.94%), Zinc: 0.81mg (5.43%), Vitamin B12: 0.32µg (5.31%), Vitamin A: 124.57IU (2.49%), Vitamin D: 0.35µg (2.36%), Selenium: 1.12µg (1.6%), Vitamin K: 1.58µg (1.51%)