



Strawberry Swirl Shake

 Vegetarian

READY IN



15 min.

SERVINGS



15

CALORIES



88 kcal

BEVERAGE

DRINK

Ingredients

- 2 cups quinoa cooled cooked
- 1 cup ice cubes
- 0.1 oz kool-aid strawberry flavor drink mix unsweetened
- 2 cups strawberries
- 1 cup sugar
- 3 cups water

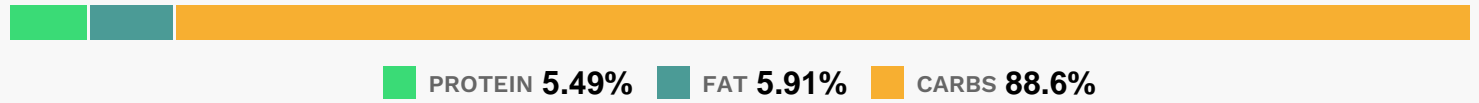
Equipment

- blender

Directions

- Combine water, drink mix and sugar; pour half into blender.
- Add half each of the quinoa, strawberries and ice; blend until smooth.
- Pour into 1-gal. pitcher.
- Repeat with remaining ingredients.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:10.87, Glycemic Load:12.16, Inflammation Score:-2, Nutrition Score:2.7939130466269%

Flavonoids

Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Pelargonidin: 4.77mg, Pelargonidin: 4.77mg, Pelargonidin: 4.77mg, Pelargonidin: 4.77mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 88.21kcal (4.41%), Fat: 0.6g (0.92%), Saturated Fat: 0.07g (0.45%), Carbohydrates: 20.2g (6.73%), Net Carbohydrates: 19.12g (6.95%), Sugar: 14.59g (16.21%), Cholesterol: 0.06mg (0.02%), Sodium: 6.28mg (0.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.25g (2.5%), Vitamin C: 11.3mg (13.69%), Manganese: 0.23mg (11.55%), Magnesium: 19.16mg (4.79%), Phosphorus: 43.05mg (4.3%), Fiber: 1.07g (4.3%), Folate: 15.09µg (3.77%), Copper: 0.07mg (3.41%), Iron: 0.45mg (2.53%), Vitamin B1: 0.03mg (2.16%), Vitamin B2: 0.04mg (2.14%), Potassium: 74.07mg (2.12%), Zinc: 0.31mg (2.04%), Vitamin B6: 0.04mg (2.02%), Vitamin E: 0.21mg (1.41%), Selenium: 0.89µg (1.27%), Calcium: 10.08mg (1.01%)