



Vanilla Bean-Nutmeg Shake with Blackberry Swirl

 Gluten Free

READY IN



13 min.

SERVINGS



1

CALORIES



1039 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 pint blackberries fresh plus more, for garnish
- ☐ 0.1 teaspoon nutmeg freshly ground
- ☐ 0.3 cup sugar
- ☐ 0.5 vanilla pod split
- ☐ 10 ounces whipped cream
- ☐ 0.3 cup milk whole

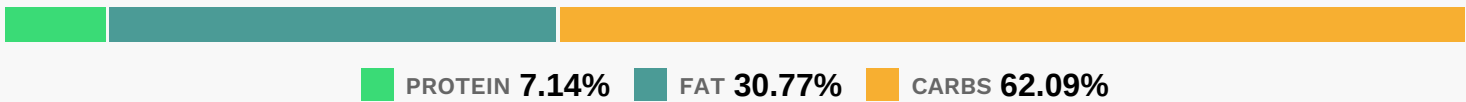
Equipment

- ☐ sauce pan
- ☐ blender
- ☐ drinking straws

Directions

- ☐ Combine blackberries and sugar in a small saucepan and cook, over low heat, until slightly thickened and sugar is dissolved. Mash the blackberries slightly with a fork and let cool.
- ☐ In a blender, combine 1/3 cup milk, 10 ounces of ice cream, vanilla bean seeds and the nutmeg and blend until smooth. Fill a tall milkshake glass 1/3 of the way with some of the milkshake, add a few tablespoons of the blackberry puree, fill 1/3 of the way with more milkshake, then a few tablespoons of the puree and finish with the remaining milkshake. Use a straw to stir and swirl the mixtures together.
- ☐ Garnish with a few fresh blackberries and serve.

Nutrition Facts



Properties

Glycemic Index:264.09, Glycemic Load:81.1, Inflammation Score:-10, Nutrition Score:42.518260582634%

Flavonoids

Cyanidin: 472.94mg, Cyanidin: 472.94mg, Cyanidin: 472.94mg, Cyanidin: 472.94mg Pelargonidin: 2.13mg, Pelargonidin: 2.13mg, Pelargonidin: 2.13mg, Pelargonidin: 2.13mg Peonidin: 0.99mg, Peonidin: 0.99mg, Peonidin: 0.99mg, Peonidin: 0.99mg Catechin: 175.36mg, Catechin: 175.36mg, Catechin: 175.36mg, Catechin: 175.36mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 22.05mg, Epicatechin: 22.05mg, Epicatechin: 22.05mg, Epicatechin: 22.05mg Epigallocatechin 3-gallate: 3.22mg, Epigallocatechin 3-gallate: 3.22mg, Epigallocatechin 3-gallate: 3.22mg, Epigallocatechin 3-gallate: 3.22mg Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg Myricetin: 3.17mg, Myricetin: 3.17mg, Myricetin: 3.17mg, Myricetin: 3.17mg Quercetin: 16.94mg, Quercetin: 16.94mg, Quercetin: 16.94mg, Quercetin: 16.94mg

Nutrients (% of daily need)

Calories: 1038.79kcal (51.94%), Fat: 36.73g (56.51%), Saturated Fat: 20.89g (130.58%), Carbohydrates: 166.72g (55.57%), Net Carbohydrates: 139.61g (50.77%), Sugar: 137.08g (152.31%), Cholesterol: 134.5mg (44.83%), Sodium: 262.97mg (11.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.18g (38.36%), Manganese: 3.09mg (154.6%), Vitamin C: 101.08mg (122.52%), Fiber: 27.11g (108.46%), Vitamin K: 94.78µg (90.27%), Calcium: 601.09mg

(60.11%), Vitamin B2: 0.93mg (54.43%), Phosphorus: 484.45mg (48.44%), Vitamin A: 2338.13IU (46.76%), Vitamin E: 6.43mg (42.85%), Copper: 0.85mg (42.64%), Potassium: 1454.58mg (41.56%), Magnesium: 144.54mg (36.14%), Folate: 132.66µg (33.16%), Vitamin B5: 3.26mg (32.56%), Zinc: 4.81mg (32.05%), Vitamin B12: 1.54µg (25.75%), Iron: 3.22mg (17.9%), Vitamin B3: 3.47mg (17.37%), Vitamin B1: 0.26mg (17.15%), Vitamin B6: 0.33mg (16.4%), Selenium: 8.85µg (12.64%), Vitamin D: 1.46µg (9.74%)