



Apricot and Mango Milkshake and a Cocktail Disaster



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



115 kcal

SIDE DISH

Ingredients

- ☐ 1 small banana
- ☐ 1 pinch ground ginger
- ☐ 400 g apricots in juice canned tinned
- ☐ 12 chunks mangos frozen
- ☐ 400 ml milk (or soy milk)

Equipment

- ☐ food processor

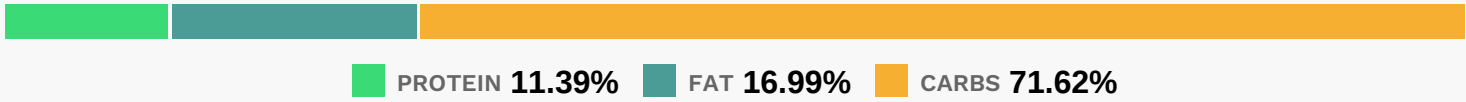
☐

blender

Directions

- ☐ Slice the banana and pop in a blender or food processor along with the mango chunks. Also add the apricots and the juice they come in.
- ☐ Add milk and a pinch of ginger, then whizz until smooth and serve.
- ☐ Enjoy

Nutrition Facts



Properties

Glycemic Index:45.17, Glycemic Load:8.54, Inflammation Score:-5, Nutrition Score:8.3378260077342%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 2.84mg, Catechin: 2.84mg, Catechin: 2.84mg, Catechin: 2.84mg Epicatechin: 4.72mg, Epicatechin: 4.72mg, Epicatechin: 4.72mg, Epicatechin: 4.72mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 115.33kcal (5.77%), Fat: 2.21g (3.4%), Saturated Fat: 0.26g (1.62%), Carbohydrates: 20.98g (6.99%), Net Carbohydrates: 19.67g (7.15%), Sugar: 15.64g (17.37%), Cholesterol: 0mg (0%), Sodium: 54.17mg (2.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.34g (6.67%), Vitamin B12: 1.08µg (17.96%), Vitamin B3: 3.55mg (17.75%), Vitamin B6: 0.35mg (17.35%), Vitamin E: 2.58mg (17.17%), Calcium: 149.3mg (14.93%), Vitamin B2: 0.24mg (13.83%), Vitamin C: 11.37mg (13.78%), Potassium: 337.74mg (9.65%), Folate: 38.27µg (9.57%), Vitamin A: 441.66IU (8.83%), Manganese: 0.16mg (8.04%), Vitamin D: 1.2µg (7.98%), Copper: 0.16mg (7.9%), Vitamin B1: 0.09mg (6.1%), Fiber: 1.31g (5.24%), Selenium: 2.69µg (3.85%), Iron: 0.69mg (3.83%), Magnesium: 12.22mg (3.06%), Zinc: 0.3mg (2.01%), Vitamin B5: 0.14mg (1.39%), Phosphorus: 13.06mg (1.31%)