



Batidos



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



305 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 small bananas ripe peeled chopped
- ☐ 1.5 cups coconut milk fresh
- ☐ 2 cups ice cubes
- ☐ 3 tablespoons juice of lime fresh
- ☐ 1 cup mangos peeled chopped
- ☐ 1 cup papaya peeled chopped
- ☐ 2 cups pineapple peeled chopped
- ☐ 1 cup rum white

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2 tablespoons sugar

Equipment

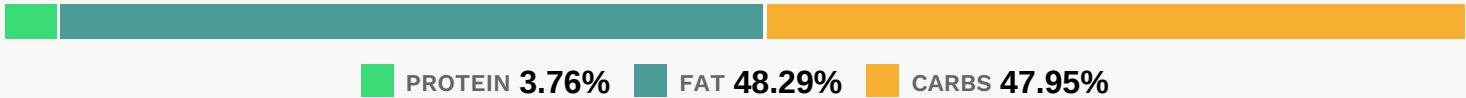
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blender

Directions

- ☐ Combine all ingredients, except ice in the blender and blend until smooth.
- ☐ Add the ice and blend until frothy.

Nutrition Facts



Properties

Glycemic Index:67.67, Glycemic Load:14.99, Inflammation Score:-7, Nutrition Score:11.147826153299%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 2.53mg, Catechin: 2.53mg, Catechin: 2.53mg, Catechin: 2.53mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 304.98kcal (15.25%), Fat: 12.41g (19.1%), Saturated Fat: 10.77g (67.34%), Carbohydrates: 27.73g (9.24%), Net Carbohydrates: 25.22g (9.17%), Sugar: 19.24g (21.37%), Cholesterol: 0mg (0%), Sodium: 14.91mg (0.65%), Alcohol: 13.36g (100%), Alcohol %: 5.19% (100%), Protein: 2.17g (4.34%), Vitamin C: 56.25mg (68.19%), Manganese: 1.07mg (53.5%), Copper: 0.28mg (13.86%), Magnesium: 50.72mg (12.68%), Iron: 2.24mg (12.44%), Vitamin B6: 0.25mg (12.29%), Vitamin A: 576.41IU (11.53%), Potassium: 403.1mg (11.52%), Folate: 45.75µg (11.44%), Fiber: 2.51g (10.05%), Phosphorus: 74.88mg (7.49%), Vitamin B3: 1.14mg (5.71%), Vitamin B1: 0.08mg (5.58%), Vitamin B5: 0.42mg (4.24%), Vitamin B2: 0.06mg (3.67%), Zinc: 0.51mg (3.38%), Calcium: 30.15mg (3.02%), Vitamin E: 0.38mg (2.52%), Vitamin K: 2.36µg (2.25%), Selenium: 0.73µg (1.04%)