



Blueberry-Coconut Slush



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



268 kcal

Ingredients

- ☐ 1 cup blueberries frozen
- ☐ 0.8 cup coconut milk canned reduced-fat
- ☐ 1 cup pineapple sherbet
- ☐ 0.3 cup coconut or shredded sweetened

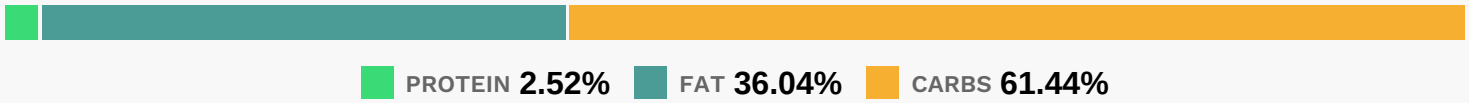
Equipment

- ☐ blender

Directions

In a blender, combine 1 cup pineapple sherbet or sorbet, 1 cup frozen blueberries, 3/4 cup canned reduced-fat coconut milk, and 1/4 cup sweetened shredded coconut. Whirl until smooth and pour into a chilled tall glass (at least 16 oz.).

Nutrition Facts



Properties

Glycemic Index:45.5, Glycemic Load:14.56, Inflammation Score:-3, Nutrition Score:5.5195652142815%

Flavonoids

Cyanidin: 6.26mg, Cyanidin: 6.26mg, Cyanidin: 6.26mg, Cyanidin: 6.26mg Petunidin: 23.33mg, Petunidin: 23.33mg, Petunidin: 23.33mg, Petunidin: 23.33mg Delphinidin: 26.22mg, Delphinidin: 26.22mg, Delphinidin: 26.22mg, Delphinidin: 26.22mg Malvidin: 50.02mg, Malvidin: 50.02mg, Malvidin: 50.02mg, Malvidin: 50.02mg Peonidin: 15.01mg, Peonidin: 15.01mg, Peonidin: 15.01mg, Peonidin: 15.01mg Catechin: 3.91mg, Catechin: 3.91mg, Catechin: 3.91mg, Catechin: 3.91mg Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 267.6kcal (13.38%), Fat: 10.71g (16.48%), Saturated Fat: 9.41g (58.84%), Carbohydrates: 41.09g (13.7%), Net Carbohydrates: 37.84g (13.76%), Sugar: 30.21g (33.57%), Cholesterol: 0.74mg (0.25%), Sodium: 126.75mg (5.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.69g (3.37%), Manganese: 0.54mg (26.76%), Vitamin K: 14.32µg (13.63%), Fiber: 3.24g (12.98%), Vitamin C: 8.96mg (10.86%), Vitamin B2: 0.1mg (6.14%), Phosphorus: 50.52mg (5.05%), Copper: 0.1mg (4.91%), Potassium: 165.93mg (4.74%), Calcium: 46.09mg (4.61%), Zinc: 0.68mg (4.52%), Selenium: 3.06µg (4.38%), Vitamin B6: 0.09mg (4.3%), Magnesium: 15.98mg (4%), Vitamin B5: 0.34mg (3.39%), Vitamin B1: 0.05mg (3.39%), Vitamin E: 0.47mg (3.15%), Iron: 0.53mg (2.93%), Folate: 8.3µg (2.08%), Vitamin B3: 0.41mg (2.05%), Vitamin B12: 0.1µg (1.6%), Vitamin A: 74IU (1.48%)