



Bokchoy Mango Dream



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



39 kcal

SIDE DISH

Ingredients

- ☐ 2 baby bok choy (cut the base off)
- ☐ 1 banana
- ☐ 1 pinch cinnamon
- ☐ 1 cup coconut milk beverage plain
- ☐ 9 servings pineapple cubes
- ☐ 1 cup mangos
- ☐ 2 cups water

Equipment

Directions

☐ Blend and Enjoy!!!

Nutrition Facts



Properties

Glycemic Index:13.94, Glycemic Load:3.06, Inflammation Score:-8, Nutrition Score:8.5778261371281%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 1.25mg, Catechin: 1.25mg, Catechin: 1.25mg, Catechin: 1.25mg 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: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 39.04kcal (1.95%), Fat: 0.72g (1.11%), Saturated Fat: 0.53g (3.28%), Carbohydrates: 8.04g (2.68%), Net Carbohydrates: 6.91g (2.51%), Sugar: 5.79g (6.43%), Cholesterol: 0.6mg (0.2%), Sodium: 36.34mg (1.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.81g (1.63%), Vitamin D: 14.75µg (98.33%), Vitamin A: 1489.8IU (29.8%), Vitamin C: 21.5mg (26.07%), Vitamin B12: 0.37µg (6.15%), Calcium: 48.38mg (4.84%), Fiber: 1.13g (4.52%), Vitamin B6: 0.08mg (3.94%), Folate: 14.77µg (3.69%), Magnesium: 11.56mg (2.89%), Manganese: 0.06mg (2.86%), Potassium: 87.61mg (2.5%), Copper: 0.04mg (2.2%), Iron: 0.28mg (1.58%), Vitamin E: 0.2mg (1.34%), Vitamin B3: 0.24mg (1.18%), Vitamin B2: 0.02mg (1.1%)