



Caribbean Health Drink



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



3

CALORIES



129 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 apples cored peeled sliced
- ☐ 1 banana
- ☐ 1 cup carrots chopped
- ☐ 1 cup ice cubes
- ☐ 1 kiwi fruit peeled
- ☐ 1 cup pineapple chopped

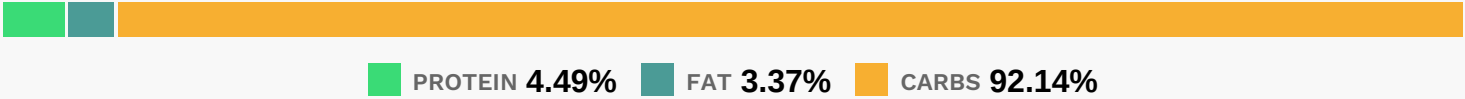
Equipment

- ☐ blender

Directions

☐ Blend the carrot, banana, kiwi, apple, pineapple, and ice cubes in a blender until smooth.

Nutrition Facts



Properties

Glycemic Index:81.65, Glycemic Load:13.45, Inflammation Score:-10, Nutrition Score:14.922174124614%

Flavonoids

Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 3.19mg, Catechin: 3.19mg, Catechin: 3.19mg, Catechin: 3.19mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.66mg, Epicatechin: 4.66mg, Epicatechin: 4.66mg, Epicatechin: 4.66mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.64mg, Quercetin: 2.64mg, Quercetin: 2.64mg, Quercetin: 2.64mg

Nutrients (% of daily need)

Calories: 129.14kcal (6.46%), Fat: 0.53g (0.82%), Saturated Fat: 0.09g (0.55%), Carbohydrates: 32.88g (10.96%), Net Carbohydrates: 27.53g (10.01%), Sugar: 21.27g (23.64%), Cholesterol: 0mg (0%), Sodium: 36.45mg (1.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.6g (3.2%), Vitamin A: 7244.12IU (144.88%), Vitamin C: 57.68mg (69.91%), Manganese: 0.73mg (36.4%), Fiber: 5.35g (21.41%), Vitamin K: 19.77µg (18.83%), Vitamin B6: 0.31mg (15.41%), Potassium: 462.27mg (13.21%), Copper: 0.18mg (9%), Folate: 35.58µg (8.9%), Magnesium: 31.02mg (7.75%), Vitamin B1: 0.1mg (6.82%), Vitamin B3: 1.12mg (5.62%), Vitamin E: 0.84mg (5.57%), Vitamin B2: 0.09mg (5.55%), Vitamin B5: 0.46mg (4.58%), Phosphorus: 44.97mg (4.5%), Calcium: 39.82mg (3.98%), Iron: 0.54mg (2.97%), Zinc: 0.3mg (2.01%)