



Cayman Cooler



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



2

CALORIES



106 kcal

BEVERAGE

DRINK

Ingredients

- 0.7 cup pineapple juice
- 0.3 cup frangelico
- 7.6 oz mangos frozen yoplait®

Equipment


- blender

Directions

In blender, place pineapple juice, liqueur and contents of Yoplait® Frozen Smoothie bag. Cover; blend on high speed 1 minute to 1 minute 30 seconds, stopping blender to scrape down sides as necessary, until smooth.

Pour into glasses.

Nutrition Facts

 PROTEIN **4.08%**  FAT **3.97%**  CARBS **91.95%**

Properties

Glycemic Index:48.88, Glycemic Load:12.06, Inflammation Score:-8, Nutrition Score:8.4299999527309%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 1.85mg, Catechin: 1.85mg, Catechin: 1.85mg, Catechin: 1.85mg 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: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg

Nutrients (% of daily need)

Calories: 106.33kcal (5.32%), Fat: 0.5g (0.78%), Saturated Fat: 0.11g (0.66%), Carbohydrates: 26.28g (8.76%), Net Carbohydrates: 24.4g (8.87%), Sugar: 22.61g (25.12%), Cholesterol: 0mg (0%), Sodium: 2.65mg (0.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.17g (2.33%), Vitamin C: 47.08mg (57.07%), Vitamin A: 1169.55IU (23.39%), Manganese: 0.46mg (23.22%), Folate: 60.48µg (15.12%), Vitamin B6: 0.21mg (10.34%), Copper: 0.17mg (8.69%), Potassium: 283.25mg (8.09%), Fiber: 1.88g (7.52%), Vitamin E: 0.99mg (6.57%), Magnesium: 20.21mg (5.05%), Vitamin B1: 0.08mg (5.05%), Vitamin K: 4.76µg (4.53%), Vitamin B3: 0.88mg (4.39%), Vitamin B2: 0.06mg (3.38%), Vitamin B5: 0.26mg (2.56%), Iron: 0.42mg (2.31%), Calcium: 22.08mg (2.21%), Phosphorus: 21.38mg (2.14%), Zinc: 0.18mg (1.22%), Selenium: 0.73µg (1.04%)