Dragon Fruit Shake

Vegetarian · Vegan · Gluten Free · Dairy Free · Low Fod Map

READY IN	SERVINGS	CALORIES
10 min.	2	126 kcal

BEVERAGE · DRINK

Ingredients

- [ ] 2 tablespoons brown sugar
- [ ] 1 dragon fruit (pitaya)
- [ ] 4 leaves basil fresh
- [ ] 1 cup ice cubes crushed
- [ ] 1 juice of lime juiced
- [ ] 1 cup sparkling mineral water chilled
- [ ] 2 tangerines peeled

Equipment

- [ ] blender

Directions

- [ ] Cut two 1/4 inch thick slices from the peeled dragon fruit to use as a garnish; set aside.
- [ ] Place the remaining dragon fruit into a blender along with the tangerine segments, lime juice, basil, brown sugar, and sparkling water. Puree until smooth. Stir in the crushed ice, and pour into glasses.
- [ ] Garnish with the reserved dragon fruit slices to serve.

Nutrition Facts

PROTEIN **2.53%** FAT **7.21%** CARBS **90.26%**

Properties

Glycemic Index:56, Glycemic Load:4.26, Inflammation Score:-6, Nutrition Score:4.7743478909783%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 8.33mg, Hesperetin: 8.33mg, Hesperetin: 8.33mg, Hesperetin: 8.33mg Naringenin: 8.87mg, Naringenin: 8.87mg, Naringenin: 8.87mg, Naringenin: 8.87mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 126.22kcal (6.31%), Fat: 1.04g (1.6%), Saturated Fat: 0.04g (0.22%), Carbohydrates: 29.27g (9.76%), Net Carbohydrates: 27.11g (9.86%), Sugar: 25.22g (28.03%), Cholesterol: 0mg (0%), Sodium: 42.56mg (1.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.82g (1.64%), Vitamin C: 28.18mg (34.15%), Vitamin A: 659.53IU (13.19%), Fiber: 2.16g (8.64%), Calcium: 66.53mg (6.65%), Iron: 0.98mg (5.46%), Potassium: 182.54mg (5.22%), Folate: 16.38µg (4.09%), Vitamin B6: 0.08mg (4.04%), Vitamin K: 4.24µg (4.04%), Vitamin B1: 0.06mg (3.68%), Magnesium: 14.66mg (3.67%), Copper: 0.07mg (3.47%), Manganese: 0.06mg (2.81%), Vitamin B5: 0.23mg (2.26%), Phosphorus: 20.74mg (2.07%), Vitamin B2: 0.03mg (2.04%), Vitamin B3: 0.37mg (1.87%), Vitamin E: 0.22mg (1.45%)