



Energy Upper



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



246 kcal

SIDE DISH

Ingredients

- ☐ 0.8 cup coconut water (or water)
- ☐ 20 ounce lychee juice drained and rinsed peeled seeded canned (or 20 and lychees)
- ☐ 7 ounces peaches frozen thawed sliced

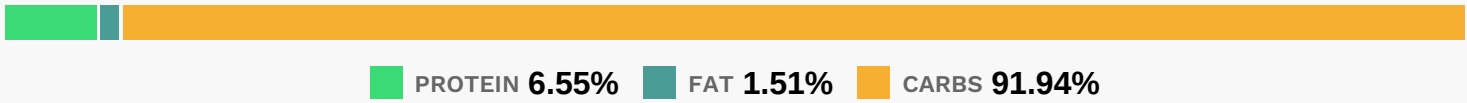
Equipment

- ☐ blender

Directions

In a blender, combine lychees, peaches, and coconut water; blend, scraping down sides occasionally, until smooth. Strain juice and, if desired, thin with water. Refrigerate up to 2 days (shake before serving).

Nutrition Facts



Properties

Glycemic Index:47.63, Glycemic Load:4.73, Inflammation Score:-8, Nutrition Score:12.884347754976%

Flavonoids

Cyanidin: 1.91mg, Cyanidin: 1.91mg, Cyanidin: 1.91mg, Cyanidin: 1.91mg Catechin: 4.88mg, Catechin: 4.88mg, Catechin: 4.88mg, Catechin: 4.88mg Epigallocatechin: 1.03mg, Epigallocatechin: 1.03mg, Epigallocatechin: 1.03mg, Epigallocatechin: 1.03mg Epicatechin: 2.32mg, Epicatechin: 2.32mg, Epicatechin: 2.32mg, Epicatechin: 2.32mg Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 245.88kcal (12.29%), Fat: 0.45g (0.69%), Saturated Fat: 0.18g (1.11%), Carbohydrates: 61.55g (20.52%), Net Carbohydrates: 56.24g (20.45%), Sugar: 53.2g (59.11%), Cholesterol: 0mg (0%), Sodium: 110.23mg (4.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.39g (8.77%), Vitamin C: 208.93mg (253.25%), Copper: 0.53mg (26.65%), Potassium: 830.83mg (23.74%), Fiber: 5.31g (21.25%), Manganese: 0.34mg (17.21%), Vitamin B2: 0.27mg (15.67%), Magnesium: 58.79mg (14.7%), Vitamin B3: 2.58mg (12.91%), Phosphorus: 127.71mg (12.77%), Selenium: 5.82µg (8.31%), Iron: 1.48mg (8.21%), Vitamin A: 323.47IU (6.47%), Vitamin B1: 0.08mg (5.47%), Vitamin E: 0.72mg (4.83%), Folate: 18.58µg (4.64%), Calcium: 39.74mg (3.97%), Vitamin K: 2.98µg (2.83%), Vitamin B6: 0.05mg (2.68%), Zinc: 0.32mg (2.12%), Vitamin B5: 0.19mg (1.91%)