



Ernie's Fruity Drink



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



398 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 medium banana very ripe
- ☐ 1 cup blueberries frozen
- ☐ 0.3 cup cream of coconut
- ☐ 0.5 cup pineapple juice
- ☐ 10 oz strawberries in syrup frozen thawed
- ☐ 0.5 cup vodka

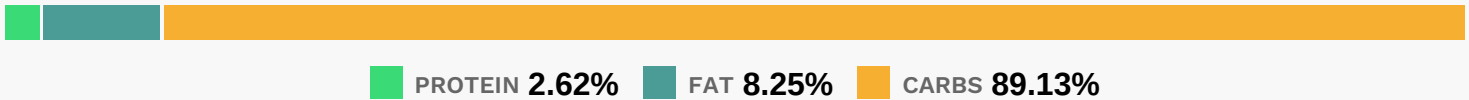
Equipment

- ☐ blender

Directions

- ☐ Puree strawberries in a blender until smooth. Divide strawberry puree evenly among 4 tall glasses.
- ☐ Place ice in blender; add blueberries and next 4 ingredients. Process until smooth.
- ☐ Pour blueberry mixture evenly over strawberry puree in glasses.
- ☐ "Warm" Ice: Slightly melted ice blends a better drink, Ernie says. He suggests letting the ice sit out at room temperature for about 30 minutes before using. "It should be wet to the touch without sticking to your fingers," he explains.
- ☐ Peach-Brandy Chiller: Substitute 1 cup fresh or frozen peaches for blueberries and banana and 1/2 cup brandy for vodka; proceed as directed.
- ☐ Banana-Strawberry Daiquiri: Substitute 1 cup additional frozen strawberries, thawed, for blueberries and 1/2 cup rum for vodka; proceed as directed.
- ☐ Watermelon Cooler: Substitute 1 cup watermelon cubes for blueberries and banana; proceed as directed.
- ☐ Mango-Papaya Daiquiri: Substitute 1/2 cup each cubed mango and papaya for blueberries and banana and 1/2 cup coconut rum for vodka; proceed as directed.

Nutrition Facts



Properties

Glycemic Index:38.94, Glycemic Load:6.77, Inflammation Score:-3, Nutrition Score:3.8873912562495%

Flavonoids

Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg Catechin: 3.76mg, Catechin: 3.76mg, Catechin: 3.76mg, Catechin: 3.76mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

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Nutrients (% of daily need)

Calories: 398.07kcal (19.9%), Fat: 3.34g (5.14%), Saturated Fat: 2.82g (17.63%), Carbohydrates: 81.15g (27.05%), Net Carbohydrates: 78.82g (28.66%), Sugar: 64.75g (71.94%), Cholesterol: 0mg (0%), Sodium: 61.13mg (2.66%), Alcohol: 10.02g (100%), Alcohol %: 5.9% (100%), Protein: 2.39g (4.78%), Manganese: 0.35mg (17.63%), Vitamin C: 9.11mg (11.04%), Fiber: 2.33g (9.32%), Vitamin B6: 0.16mg (7.85%), Vitamin K: 7.38µg (7.03%), Calcium: 54.78mg (5.48%), Potassium: 172.75mg (4.94%), Magnesium: 13.73mg (3.43%), Copper: 0.07mg (3.37%), Folate: 13.43µg (3.36%), Vitamin B1: 0.04mg (2.76%), Vitamin B2: 0.05mg (2.65%), Vitamin B3: 0.41mg (2.05%), Vitamin E: 0.25mg (1.64%), Vitamin B5: 0.16mg (1.61%), Iron: 0.27mg (1.53%), Phosphorus: 14.79mg (1.48%)