

## Five-Fruit Crush

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



98 kcal

SIDE DISH

### Ingredients

- 0.8 cup banana ripe sliced
- 0.5 cup ice cubes
- 0.5 cup mangos ripe peeled chopped
- 0.5 cup orange juice chilled
- 0.8 cup pineapple juice chilled
- 2 cups strawberries whole

### Equipment

- blender

## Directions

- Place banana and mango into freezer; freeze until firm (about 1 hour).
- Remove from freezer; let stand 10 minutes.
- Combine strawberries and juices in a blender; process until smooth. With blender on, add banana, mango, and ice cubes, 1 at a time; process until smooth.
- Serve immediately.

## Nutrition Facts

 **PROTEIN 5.05%**  **FAT 4.28%**  **CARBS 90.67%**

## Properties

Glycemic Index:61.13, Glycemic Load:10.4, Inflammation Score:-6, Nutrition Score:9.3591303566228%

## Flavonoids

Cyanidin: 1.23mg, Cyanidin: 1.23mg, Cyanidin: 1.23mg, Cyanidin: 1.23mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 17.9mg, Pelargonidin: 17.9mg, Pelargonidin: 17.9mg, Pelargonidin: 17.9mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 4.31mg, Catechin: 4.31mg, Catechin: 4.31mg, Catechin: 4.31mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.85mg, Naringenin: 0.85mg, Naringenin: 0.85mg, Naringenin: 0.85mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

## Nutrients (% of daily need)

Calories: 97.85kcal (4.89%), Fat: 0.5g (0.77%), Saturated Fat: 0.07g (0.45%), Carbohydrates: 23.95g (7.98%), Net Carbohydrates: 21.3g (7.75%), Sugar: 16.8g (18.66%), Cholesterol: 0mg (0%), Sodium: 3.88mg (0.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.33g (2.67%), Vitamin C: 72.22mg (87.53%), Manganese: 0.59mg (29.71%), Folate: 49.04µg (12.26%), Vitamin B6: 0.22mg (10.91%), Fiber: 2.65g (10.61%), Potassium: 365.02mg (10.43%), Magnesium: 28.03mg (7.01%), Copper: 0.13mg (6.41%), Vitamin A: 314.02IU (6.28%), Vitamin B1: 0.09mg (5.69%),

Vitamin B3: 0.81mg (4.07%), Vitamin B2: 0.06mg (3.69%), Phosphorus: 35.17mg (3.52%), Iron: 0.6mg (3.34%),  
Vitamin B5: 0.31mg (3.08%), Vitamin E: 0.44mg (2.96%), Vitamin K: 2.75µg (2.62%), Calcium: 25.24mg (2.52%),  
Zinc: 0.23mg (1.52%), Selenium: 0.77µg (1.1%)