



Fresh Fruit Batidos

 Gluten Free

READY IN



5 min.

SERVINGS



1

CALORIES



593 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoons honey to taste
- ☐ 0.5 cup mangos fresh chopped for garnish
- ☐ 6 ounces mango sorbet
- ☐ 0.6 cup milk cold
- ☐ 1 serving mint sprigs for garnish
- ☐ 3 ounces whipped cream

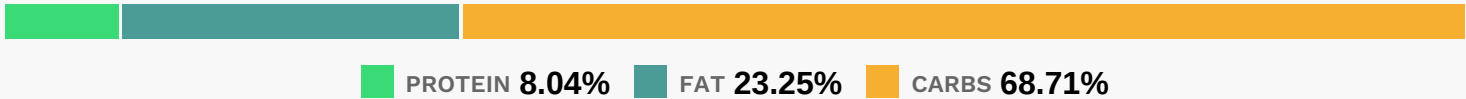
Equipment

- ☐ blender

Directions

- ☐ Place all ingredients in a blender and blend until smooth.
- ☐ Pour into a 10-ounce glass and serve immediately.
- ☐ Garnish with a mango slice and mint sprig, if desired.

Nutrition Facts



Properties

Glycemic Index:203.02, Glycemic Load:29.33, Inflammation Score:-8, Nutrition Score:13.862173811249%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg 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: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg

Nutrients (% of daily need)

Calories: 592.51kcal (29.63%), Fat: 15.41g (23.71%), Saturated Fat: 8.69g (54.31%), Carbohydrates: 102.44g (34.15%), Net Carbohydrates: 97.17g (35.33%), Sugar: 86.23g (95.81%), Cholesterol: 55.72mg (18.57%), Sodium: 241.93mg (10.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.99g (23.98%), Vitamin C: 30.96mg (37.53%), Calcium: 309.2mg (30.92%), Vitamin A: 1540.23IU (30.8%), Vitamin B2: 0.46mg (26.86%), Phosphorus: 256.45mg (25.64%), Fiber: 5.27g (21.08%), Vitamin B12: 1.16µg (19.25%), Potassium: 553.21mg (15.81%), Vitamin B5: 1.24mg (12.43%), Vitamin D: 1.85µg (12.32%), Vitamin B6: 0.24mg (11.92%), Folate: 41.29µg (10.32%), Magnesium: 39.68mg (9.92%), Vitamin B1: 0.14mg (9.61%), Zinc: 1.34mg (8.96%), Selenium: 5.09µg (7.27%), Vitamin E: 1.07mg (7.16%), Copper: 0.12mg (6.18%), Manganese: 0.09mg (4.67%), Vitamin B3: 0.85mg (4.27%), Vitamin K: 4.18µg (3.98%), Iron: 0.35mg (1.93%)