



Frosty Guava-Peach Sippers

 Vegetarian  Vegan  Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



308 kcal

Ingredients

- 10 ounces navel oranges frozen canned
- 1 cup guava blend juice
- 0.3 cup guava blend juice dark
- 2 cups cracked wheat

Equipment

- blender

Directions

- Place all ingredients except ice in blender. Cover and blend on high speed until blended.
- Add ice. Cover and blend until smooth and slushy.

Nutrition Facts

PROTEIN 10.82% **FAT 9.33%** **CARBS 79.85%**

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:8.5813044076381%

Flavonoids

Hesperetin: 15.5mg, Hesperetin: 15.5mg, Hesperetin: 15.5mg, Hesperetin: 15.5mg Naringenin: 5.03mg, Naringenin: 5.03mg, Naringenin: 5.03mg, Naringenin: 5.03mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 307.85kcal (15.39%), Fat: 3.48g (5.36%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 67.04g (22.35%), Net Carbohydrates: 56.44g (20.52%), Sugar: 14.32g (15.91%), Cholesterol: 0mg (0%), Sodium: 3.81mg (0.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.08g (18.16%), Vitamin C: 60.32mg (73.12%), Fiber: 10.61g (42.44%), Phosphorus: 249.18mg (24.92%), Iron: 2.52mg (14.01%), Potassium: 467.73mg (13.36%), Folate: 24.1µg (6.02%), Vitamin A: 175.06IU (3.5%), Vitamin B1: 0.05mg (3.21%), Calcium: 30.48mg (3.05%), Vitamin B6: 0.06mg (2.8%), Vitamin B2: 0.04mg (2.13%), Magnesium: 7.8mg (1.95%), Vitamin B5: 0.19mg (1.85%), Vitamin B3: 0.3mg (1.51%), Copper: 0.03mg (1.38%), Manganese: 0.02mg (1.03%)