



Frosty Guava-Peach Sippers

 Vegetarian

READY IN



10 min.

SERVINGS



4

CALORIES



340 kcal

Ingredients

- ☐ 0.3 cup guava blend juice dark
- ☐ 1 cup guava blend juice
- ☐ 2 cups ice cubes
- ☐ 10 ounces liquid malt extract frozen canned

Equipment

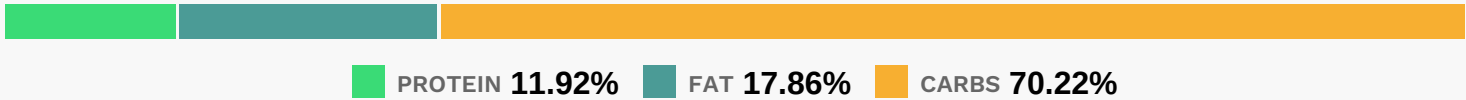
- ☐ blender

Directions

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

☐

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:11.963478378628%

Nutrients (% of daily need)

Calories: 340.21kcal (17.01%), Fat: 6.75g (10.38%), Saturated Fat: 3.38g (21.09%), Carbohydrates: 59.69g (19.9%), Net Carbohydrates: 59.01g (21.46%), Sugar: 42.05g (46.72%), Cholesterol: 17.01mg (5.67%), Sodium: 296.05mg (12.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.13g (20.26%), Vitamin B2: 0.65mg (38.36%), Phosphorus: 253.73mg (25.37%), Vitamin C: 20.49mg (24.84%), Vitamin B1: 0.36mg (23.86%), Calcium: 214.75mg (21.48%), Vitamin B3: 3.72mg (18.59%), Potassium: 613.92mg (17.54%), Magnesium: 67.1mg (16.77%), Selenium: 11.62µg (16.6%), Vitamin B6: 0.29mg (14.53%), Vitamin B12: 0.57µg (9.45%), Manganese: 0.17mg (8.4%), Folate: 32.6µg (8.15%), Copper: 0.16mg (8.03%), Zinc: 0.71mg (4.76%), Vitamin B5: 0.44mg (4.42%), Vitamin K: 3.83µg (3.64%), Vitamin A: 158.76IU (3.18%), Iron: 0.5mg (2.76%), Fiber: 0.68g (2.73%), Vitamin E: 0.26mg (1.7%)