



Frosty Lemon Chiller

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



5

CALORIES



179 kcal

Ingredients

- 1 large banana sliced
- 1 cup ice cubes
- 16 oz peach in juice drained canned
- 2 cups vanilla yogurt low-fat
- 8 oz pineapple chunks in juice unsweetened canned
- 8 strawberries
- 3 cups water cold

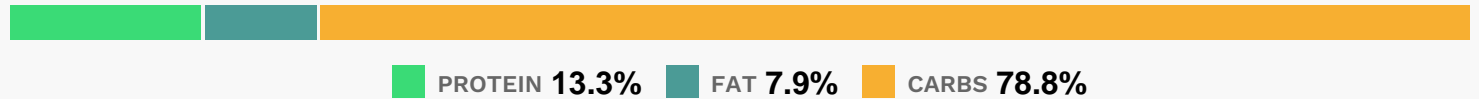
Equipment

- blender

Directions

- Place yogurt, peaches, pineapple with its juice, the banana, drink mix and ice in blender; cover. Blend on high speed until smooth.
- Pour water into large plastic or glass pitcher.
- Add yogurt mixture; stir until well blended.
- Serve over ice cubes in tall glasses. Top each serving with a strawberry.

Nutrition Facts



Properties

Glycemic Index:27.01, Glycemic Load:6.59, Inflammation Score:-5, Nutrition Score:9.6226087653119%

Flavonoids

Cyanidin: 2.06mg, Cyanidin: 2.06mg, Cyanidin: 2.06mg, Cyanidin: 2.06mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Pelargonidin: 4.77mg, Pelargonidin: 4.77mg, Pelargonidin: 4.77mg, Pelargonidin: 4.77mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 6.72mg, Catechin: 6.72mg, Catechin: 6.72mg, Catechin: 6.72mg Epigallocatechin: 1.09mg, Epigallocatechin: 1.09mg, Epigallocatechin: 1.09mg, Epigallocatechin: 1.09mg Epicatechin: 2.21mg, Epicatechin: 2.21mg, Epicatechin: 2.21mg, Epicatechin: 2.21mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 178.97kcal (8.95%), Fat: 1.67g (2.56%), Saturated Fat: 0.84g (5.28%), Carbohydrates: 37.42g (12.47%), Net Carbohydrates: 34.38g (12.5%), Sugar: 31.86g (35.4%), Cholesterol: 4.9mg (1.63%), Sodium: 86.85mg (3.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.31g (12.63%), Vitamin C: 22.42mg (27.18%), Calcium: 188.58mg (18.86%), Phosphorus: 166.03mg (16.6%), Vitamin B2: 0.26mg (15.22%), Potassium: 508.29mg (14.52%), Fiber: 3.04g (12.17%), Vitamin B6: 0.21mg (10.48%), Magnesium: 41.47mg (10.37%), Manganese: 0.21mg (10.34%), Selenium: 7.24µg (10.34%), Copper: 0.19mg (9.64%), Vitamin B12: 0.52µg (8.66%), Vitamin B1: 0.12mg (8.15%), Vitamin B5: 0.79mg (7.95%), Zinc: 1.15mg (7.69%), Vitamin A: 380.27IU (7.61%), Folate: 28.54µg (7.13%), Vitamin B3: 1.22mg

(6.1%), Vitamin E: 0.77mg (5.16%), Iron: 0.65mg (3.63%), Vitamin K: 3.7µg (3.52%)