



# Frothy Apricot Drink

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



4

CALORIES



130 kcal

BEVERAGE

DRINK

## Ingredients

- 15 ounces apricots undrained canned
- 1 pint optional: lemon
- 0.5 cup milk
- 0.3 cup orange juice concentrate thawed

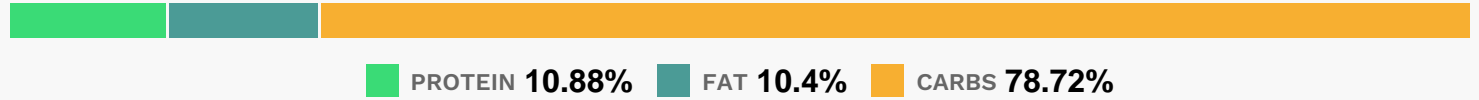
## Equipment

- blender

## Directions

- In a blender, place apricot halves with juice, milk and orange juice concentrate. Cover and process until smooth.
- Add sherbet; cover and process just until combined.
- Pour into glasses; serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:26.29, Glycemic Load:6.54, Inflammation Score:-9, Nutrition Score:13.000869626584%

## Flavonoids

Catechin: 3.9mg, Catechin: 3.9mg, Catechin: 3.9mg, Catechin: 3.9mg Epicatechin: 5.04mg, Epicatechin: 5.04mg, Epicatechin: 5.04mg, Epicatechin: 5.04mg Eriodictyol: 25.27mg, Eriodictyol: 25.27mg, Eriodictyol: 25.27mg, Eriodictyol: 25.27mg Hesperetin: 33mg, Hesperetin: 33mg, Hesperetin: 33mg, Hesperetin: 33mg Naringenin: 0.65mg, Naringenin: 0.65mg, Naringenin: 0.65mg, Naringenin: 0.65mg Luteolin: 2.25mg, Luteolin: 2.25mg, Luteolin: 2.25mg, Luteolin: 2.25mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg

## Nutrients (% of daily need)

Calories: 129.9kcal (6.5%), Fat: 1.79g (2.75%), Saturated Fat: 0.65g (4.08%), Carbohydrates: 30.5g (10.17%), Net Carbohydrates: 24.88g (9.05%), Sugar: 19.52g (21.69%), Cholesterol: 3.66mg (1.22%), Sodium: 16.26mg (0.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.22g (8.43%), Vitamin C: 99.06mg (120.08%), Vitamin A: 2190.25IU (43.81%), Fiber: 5.62g (22.46%), Potassium: 595.99mg (17.03%), Vitamin B6: 0.22mg (10.84%), Vitamin B1: 0.15mg (9.67%), Folate: 36.25µg (9.06%), Calcium: 88.84mg (8.88%), Phosphorus: 85.01mg (8.5%), Vitamin E: 1.25mg (8.3%), Vitamin B2: 0.14mg (8.2%), Magnesium: 29.97mg (7.49%), Vitamin B5: 0.69mg (6.93%), Copper: 0.14mg (6.87%), Iron: 1.18mg (6.57%), Manganese: 0.13mg (6.35%), Vitamin B3: 0.98mg (4.91%), Vitamin K: 3.67µg (3.5%), Zinc: 0.44mg (2.91%), Vitamin B12: 0.16µg (2.74%), Vitamin D: 0.34µg (2.24%), Selenium: 1.23µg (1.76%)