

Fruit and Yogurt Shake



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



151 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 banana peeled sliced
- ☐ 1 cup cherries sweet frozen
- ☐ 1 cup pomegranate cherry juice (such as pom)
- ☐ 8 ounce pineapple in juice crushed drained canned
- ☐ 1 cup yogurt plain

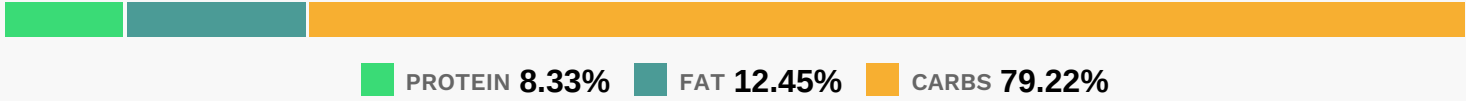
Equipment

- ☐ blender

Directions

☐ Place all ingredients in a blender; puree until smooth.

Nutrition Facts



Properties

Glycemic Index:23.94, Glycemic Load:4.86, Inflammation Score:-3, Nutrition Score:5.279565198266%

Flavonoids

Cyanidin: 10.42mg, Cyanidin: 10.42mg, Cyanidin: 10.42mg, Cyanidin: 10.42mg Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg Peonidin: 0.52mg, Peonidin: 0.52mg, Peonidin: 0.52mg, Peonidin: 0.52mg Catechin: 3.3mg, Catechin: 3.3mg, Catechin: 3.3mg, Catechin: 3.3mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 1.73mg, Epicatechin: 1.73mg, Epicatechin: 1.73mg, Epicatechin: 1.73mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 151.23kcal (7.56%), Fat: 2.22g (3.41%), Saturated Fat: 1.33g (8.34%), Carbohydrates: 31.79g (10.6%), Net Carbohydrates: 29.56g (10.75%), Sugar: 24.85g (27.62%), Cholesterol: 7.96mg (2.65%), Sodium: 33.93mg (1.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.34g (6.69%), Vitamin C: 10.62mg (12.87%), Potassium: 448.22mg (12.81%), Calcium: 94.04mg (9.4%), Vitamin B6: 0.19mg (9.36%), Fiber: 2.23g (8.91%), Vitamin B2: 0.13mg (7.75%), Phosphorus: 75.89mg (7.59%), Magnesium: 27.61mg (6.9%), Vitamin B1: 0.09mg (6.27%), Copper: 0.11mg (5.49%), Manganese: 0.11mg (5.31%), Iron: 0.74mg (4.13%), Vitamin B5: 0.41mg (4.05%), Vitamin B12: 0.23µg (3.78%), Folate: 14.4µg (3.6%), Zinc: 0.49mg (3.24%), Selenium: 1.87µg (2.67%), Vitamin A: 129.95IU (2.6%), Vitamin B3: 0.46mg (2.28%), Vitamin K: 1.39µg (1.33%)