



Fruit Bubble Drink



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



408 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 cup fruit fresh sliced (such as mango, papaya, or watermelon)
- ☐ 1 cup ice crushed
- ☐ 0.5 cup lite coconut milk light (or soy, almond, rice, or coconut milk)
- ☐ 1 tablespoon simple syrup glaze to taste (more or less)
- ☐ 0.3 cup .3 oz. of pearl tapioca

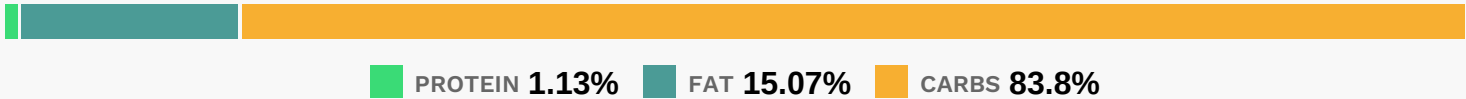
Equipment

- ☐ blender
- ☐ drinking straws

Directions

- ☐ Place all ingredients except pearls in a blender; puree until smooth.
- ☐ Pour pearls into a tall glass.
- ☐ Pour fruit mixture over pearls, and serve with a fat straw.

Nutrition Facts



Properties

Glycemic Index:77.67, Glycemic Load:25.91, Inflammation Score:-5, Nutrition Score:4.9069566104723%

Nutrients (% of daily need)

Calories: 408.26kcal (20.41%), Fat: 6.9g (10.62%), Saturated Fat: 6.69g (41.79%), Carbohydrates: 86.38g (28.79%), Net Carbohydrates: 82.25g (29.91%), Sugar: 42.58g (47.31%), Cholesterol: 0mg (0%), Sodium: 118.99mg (5.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.16g (2.32%), Fiber: 4.13g (16.54%), Vitamin A: 715.74IU (14.31%), Iron: 2.06mg (11.42%), Copper: 0.23mg (11.36%), Vitamin K: 10.9µg (10.38%), Potassium: 227.71mg (6.51%), Vitamin C: 5.21mg (6.32%), Manganese: 0.11mg (5.29%), Vitamin B3: 0.95mg (4.75%), Magnesium: 16.6mg (4.15%), Vitamin B2: 0.07mg (4.05%), Vitamin B1: 0.06mg (3.73%), Phosphorus: 32.7mg (3.27%), Calcium: 29.15mg (2.91%), Zinc: 0.32mg (2.14%), Vitamin B6: 0.04mg (2.05%), Folate: 6.26µg (1.57%), Vitamin B5: 0.15mg (1.48%)