



Fruity Frappe

 **Gluten Free**

READY IN



5 min.

SERVINGS



5

CALORIES



148 kcal

BEVERAGE

DRINK

Ingredients

- 1 banana ripe cut into chunks
- 1.5 cups vanilla nonfat yogurt frozen softened
- 3 cups crystal strawberry orange banana flavor drink light prepared
- 1 cup strawberries sliced

Equipment

- blender

Directions

- Place prepared drink mix, yogurt and fruit in blender container; cover. Blend on high speed until smooth.
- Serve immediately.

Nutrition Facts

PROTEIN 12.18% **FAT 1.83%** **CARBS 85.99%**

Properties

Glycemic Index:18.96, Glycemic Load:3.27, Inflammation Score:-2, Nutrition Score:5.5065217355023%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Pelargonidin: 7.16mg, Pelargonidin: 7.16mg, Pelargonidin: 7.16mg, Pelargonidin: 7.16mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 2.34mg, Catechin: 2.34mg, Catechin: 2.34mg, Catechin: 2.34mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 148.05kcal (7.4%), Fat: 0.31g (0.48%), Saturated Fat: 0.12g (0.74%), Carbohydrates: 32.96g (10.99%), Net Carbohydrates: 31.77g (11.55%), Sugar: 29.09g (32.33%), Cholesterol: 1.47mg (0.49%), Sodium: 101.87mg (4.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.67g (9.33%), Vitamin C: 19.5mg (23.64%), Calcium: 117.89mg (11.79%), Phosphorus: 117.33mg (11.73%), Manganese: 0.2mg (10.1%), Vitamin B2: 0.16mg (9.47%), Selenium: 5.61µg (8.01%), Potassium: 272.02mg (7.77%), Vitamin B6: 0.13mg (6.48%), Vitamin B12: 0.35µg (5.76%), Magnesium: 21.39mg (5.35%), Fiber: 1.19g (4.76%), Folate: 18.63µg (4.66%), Zinc: 0.62mg (4.14%), Vitamin B1: 0.04mg (2.93%), Copper: 0.06mg (2.76%), Vitamin B3: 0.34mg (1.71%), Vitamin K: 1.56µg (1.49%), Iron: 0.25mg (1.37%), Vitamin B5: 0.12mg (1.17%), Vitamin E: 0.15mg (1.01%)