



Green Tea Zest



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



2

CALORIES



447 kcal

BEVERAGE

DRINK

Ingredients

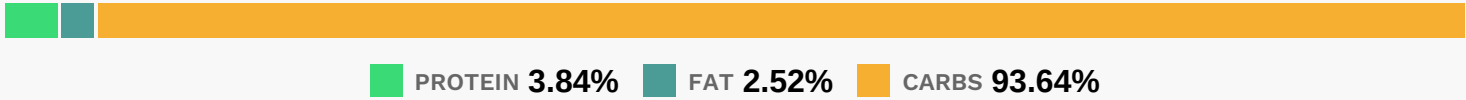
- ☐ 1.3 teaspoons ginger fresh chopped
- ☐ 2 large apples green washed and sliced
- ☐ 1 cup freshly tea green chilled brewed
- ☐ 1 cup mango sorbet crushed
- ☐ 1 pineapple fresh cored peeled cut into chunks

Equipment

Directions

- ☐ Juice the pineapple, apples, and ginger in a juice machine.
- ☐ Mix the juice with the tea, and stir in the mango sorbet.

Nutrition Facts



Properties

Glycemic Index:52.83, Glycemic Load:39.22, Inflammation Score:-9, Nutrition Score:21.043043362058%

Flavonoids

Cyanidin: 3.5mg, Cyanidin: 3.5mg, Cyanidin: 3.5mg, Cyanidin: 3.5mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 4.68mg, Catechin: 4.68mg, Catechin: 4.68mg, Catechin: 4.68mg Epigallocatechin: 10.08mg, Epigallocatechin: 10.08mg, Epigallocatechin: 10.08mg, Epigallocatechin: 10.08mg Epicatechin: 19.31mg, Epicatechin: 19.31mg, Epicatechin: 19.31mg, Epicatechin: 19.31mg Epicatechin 3-gallate: 6.94mg, Epicatechin 3-gallate: 6.94mg, Epicatechin 3-gallate: 6.94mg, Epicatechin 3-gallate: 6.94mg Epigallocatechin 3-gallate: 11.47mg, Epigallocatechin 3-gallate: 11.47mg, Epigallocatechin 3-gallate: 11.47mg, Epigallocatechin 3-gallate: 11.47mg Theaflavin: 1.86mg, Theaflavin: 1.86mg, Theaflavin: 1.86mg, Theaflavin: 1.86mg Thearubigins: 95.93mg, Thearubigins: 95.93mg, Thearubigins: 95.93mg, Thearubigins: 95.93mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 1.98mg, Kaempferol: 1.98mg, Kaempferol: 1.98mg, Kaempferol: 1.98mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 12.16mg, Quercetin: 12.16mg, Quercetin: 12.16mg, Quercetin: 12.16mg Theaflavin-3,3'-digallate: 2.07mg, Theaflavin-3,3'-digallate: 2.07mg, Theaflavin-3,3'-digallate: 2.07mg, Theaflavin-3,3'-digallate: 2.07mg Theaflavin-3'-gallate: 1.78mg, Theaflavin-3'-gallate: 1.78mg, Theaflavin-3'-gallate: 1.78mg, Theaflavin-3'-gallate: 1.78mg Gallocatechin: 1.48mg, Gallocatechin: 1.48mg, Gallocatechin: 1.48mg, Gallocatechin: 1.48mg

Nutrients (% of daily need)

Calories: 447.31kcal (22.37%), Fat: 1.35g (2.07%), Saturated Fat: 0.11g (0.68%), Carbohydrates: 112.79g (37.6%), Net Carbohydrates: 99.5g (36.18%), Sugar: 83.55g (92.84%), Cholesterol: 0mg (0%), Sodium: 66.07mg (2.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 23.6mg (7.87%), Protein: 4.62g (9.25%), Vitamin C: 226.62mg (274.69%), Manganese: 4.53mg (226.7%), Fiber: 13.29g (53.16%), Vitamin B6: 0.6mg (30.01%), Copper: 0.57mg (28.63%), Vitamin B1: 0.4mg (26.38%), Folate: 94.18µg (23.54%), Potassium: 780.68mg (22.31%), Magnesium: 69.53mg (17.38%), Vitamin B2: 0.22mg (12.93%), Vitamin B3: 2.47mg (12.37%), Vitamin B5: 1.12mg (11.15%), Iron: 1.61mg (8.95%), Vitamin K: 8.07µg (7.69%), Vitamin A: 382.87IU (7.66%), Calcium: 72.4mg (7.24%), Phosphorus: 62.33mg (6.23%), Zinc: 0.66mg (4.4%), Vitamin E: 0.5mg (3.3%)