



Healthy Citrus Shake

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



4

CALORIES



130 kcal

BEVERAGE

DRINK

Ingredients

- 1 tablespoon agave nectar (for vegan)
- 0.5 cup vanilla non-dairy milk alternative plain (rice, coconut, soy, etc., your choice)
- 4 servings fruit sliced for garnish
- 0.5 cup florida grapefruit juice
- 4 cups ice cubes
- 0.5 cup florida orange juice
- 0.1 teaspoon vanilla extract

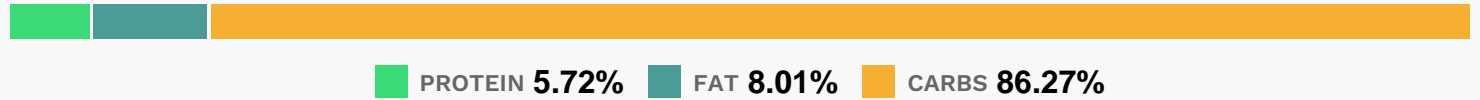
Equipment

blender

Directions

Pour the orange juice, grapefruit juice, milk alternative, sweetener, and vanilla into a blender with the ice. Pulse the blender to help break up the ice, then blend until smooth. Divide the shake between four glasses and garnish with sliced fruit.

Nutrition Facts



Properties

Glycemic Index:38.25, Glycemic Load:4.34, Inflammation Score:-5, Nutrition Score:5.3265217853629%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 130kcal (6.5%), Fat: 1.21g (1.86%), Saturated Fat: 0.59g (3.67%), Carbohydrates: 29.31g (9.77%), Net Carbohydrates: 27.31g (9.93%), Sugar: 24.23g (26.93%), Cholesterol: 3.66mg (1.22%), Sodium: 30.47mg (1.32%), Alcohol: 0.04g (100%), Alcohol %: 0.01% (100%), Protein: 1.94g (3.89%), Vitamin C: 26.93mg (32.65%), Vitamin A: 471.35IU (9.43%), Fiber: 2g (7.99%), Potassium: 261.4mg (7.47%), Copper: 0.14mg (7.06%), Vitamin K: 6.75µg (6.43%), Calcium: 56.37mg (5.64%), Phosphorus: 53.6mg (5.36%), Vitamin B2: 0.09mg (5.21%), Magnesium: 18.38mg (4.59%), Vitamin B1: 0.07mg (4.37%), Vitamin B3: 0.75mg (3.73%), Folate: 13.84µg (3.46%), Vitamin B6: 0.06mg (3.11%), Iron: 0.55mg (3.07%), Vitamin B12: 0.16µg (2.74%), Vitamin B5: 0.25mg (2.51%), Vitamin D: 0.34µg (2.24%), Zinc: 0.3mg (2.01%), Manganese: 0.04mg (1.91%)