



## Horchata Shake

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



**45 min.**

SERVINGS



**5**

CALORIES



**112 kcal**

BEVERAGE

DRINK

### Ingredients

- 1.5 cups vanilla almond milk unsweetened
- 1 cup banana frozen ripe sliced ( 1 large banana)
- 0.5 teaspoon ground cinnamon
- 5 servings ice cubes
- 1.5 cups original rice milk
- 0.3 cup sugar


### Equipment

- blender

## Directions

Place first 5 ingredients in a blender; fill remainder of blender container with ice. Process until smooth.

## Nutrition Facts

 **PROTEIN 3.44%**  **FAT 12.46%**  **CARBS 84.1%**

## Properties

Glycemic Index:41.77, Glycemic Load:16.23, Inflammation Score:-1, Nutrition Score:1.9421739254309%

## Flavonoids

Catechin: 1.83mg, Catechin: 1.83mg, Catechin: 1.83mg, Catechin: 1.83mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 112.19kcal (5.61%), Fat: 1.63g (2.51%), Saturated Fat: 0.03g (0.21%), Carbohydrates: 24.76g (8.25%), Net Carbohydrates: 23.65g (8.6%), Sugar: 17.02g (18.91%), Cholesterol: 0mg (0%), Sodium: 128.08mg (5.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.01g (2.02%), Calcium: 102.48mg (10.25%), Manganese: 0.12mg (5.82%), Vitamin B6: 0.11mg (5.52%), Fiber: 1.1g (4.44%), Vitamin C: 2.62mg (3.17%), Potassium: 108.46mg (3.1%), Magnesium: 8.78mg (2.2%), Copper: 0.03mg (1.69%), Folate: 6.01µg (1.5%), Vitamin B2: 0.02mg (1.4%), Vitamin B5: 0.1mg (1.01%), Vitamin B3: 0.2mg (1.01%)