

Jasmine Honey Lassi



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



209 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 4 ice cubes
- ☐ 0.8 cup greek yogurt low-fat
- ☐ 1.5 cups peaches diced
- ☐ 3 tbsp honey raw
- ☐ 0.5 cup strong coffee decoction

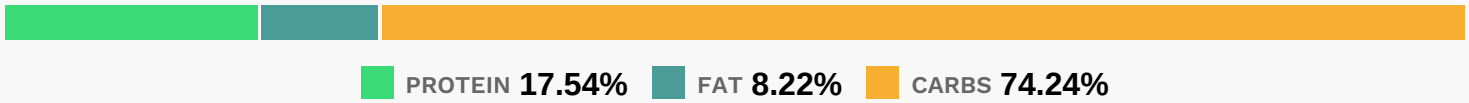
Equipment

- ☐ blender

Directions

- ☐ Dissolve the honey in the warm tea. Refrigerate until chilled.
- ☐ Combine the sweetened tea, peaches, yogurt, and ice in a blender. Blend until smooth.
- ☐ From Super-Charged Smoothies: More Than 60 Recipes for Energizing Smoothies by Mary Corpening Barber and Sara Corpening Whiteford. Text copyright © 2010 by Mary Corpening Barber and Sara Corpening Whiteford; photographs copyright © 2010 by Jenifer Altman. Published by Chronicle Books LLC.

Nutrition Facts



Properties

Glycemic Index:46.26, Glycemic Load:17.53, Inflammation Score:-4, Nutrition Score:4.0552173956581%

Flavonoids

Cyanidin: 2.22mg, Cyanidin: 2.22mg, Cyanidin: 2.22mg, Cyanidin: 2.22mg Catechin: 5.68mg, Catechin: 5.68mg, Catechin: 5.68mg, Catechin: 5.68mg Epigallocatechin: 1.22mg, Epigallocatechin: 1.22mg, Epigallocatechin: 1.22mg, Epigallocatechin: 1.22mg Epicatechin: 2.73mg, Epicatechin: 2.73mg, Epicatechin: 2.73mg, Epicatechin: 2.73mg Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 209.27kcal (10.46%), Fat: 2.02g (3.11%), Saturated Fat: 1.04g (6.5%), Carbohydrates: 41.01g (13.67%), Net Carbohydrates: 39.22g (14.26%), Sugar: 38.94g (43.27%), Cholesterol: 4.92mg (1.64%), Sodium: 53.61mg (2.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 23.7mg (7.9%), Protein: 9.69g (19.38%), Calcium: 107.69mg (10.77%), Vitamin A: 425.68IU (8.51%), Fiber: 1.8g (7.18%), Vitamin C: 4.89mg (5.93%), Vitamin E: 0.85mg (5.66%), Vitamin B2: 0.09mg (5.46%), Manganese: 0.11mg (5.46%), Vitamin B3: 1.08mg (5.41%), Copper: 0.11mg (5.35%), Potassium: 186.32mg (5.32%), Selenium: 2.68µg (3.83%), Vitamin B5: 0.35mg (3.49%), Vitamin K: 3.52µg (3.36%), Magnesium: 11.93mg (2.98%), Iron: 0.53mg (2.95%), Phosphorus: 28.45mg (2.84%), Vitamin B1: 0.04mg (2.4%), Zinc: 0.35mg (2.33%), Folate: 8.74µg (2.19%), Vitamin B6: 0.04mg (1.85%)