

Lassi Come Home



Gluten Free



Dairy Free

READY IN



2 min.

SERVINGS



4

CALORIES



286 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 cup banana chopped
- ☐ 2 teaspoons chai spice blend dry instant
- ☐ 4 ounces rum dark recommended: Myers's
- ☐ 0.5 cup ice cubes
- ☐ 1 lime cut into wedges, to moisten rim of glasses
- ☐ 6 ounces pineapple in heavy syrup canned
- ☐ 8 ounces vanilla bean yogurt
- ☐ 1 ounce vodka

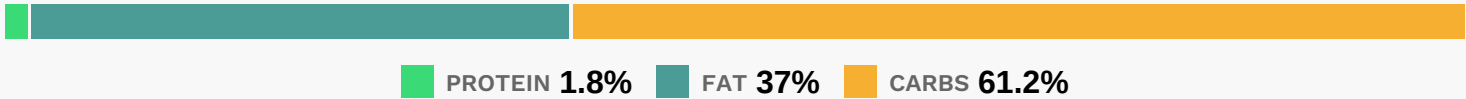
Equipment

☐ blender

Directions

- ☐ Place dry chai spice on small plate. Rub a lime wedge around rim of 4 highball glasses to moisten. Dip rims in chai blend.
- ☐ Combine all the remaining ingredients except the rum in a blender and blend on high, until frothy.
- ☐ Pour into highball glasses and pour a hit, about 1-ounce of rum on top of each.

Nutrition Facts



Properties

Glycemic Index:30.44, Glycemic Load:4.59, Inflammation Score:-4, Nutrition Score:5.2434782204421%

Flavonoids

Catechin: 2.29mg, Catechin: 2.29mg, Catechin: 2.29mg, Catechin: 2.29mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 285.55kcal (14.28%), Fat: 8.81g (13.56%), Saturated Fat: 0.09g (0.55%), Carbohydrates: 32.8g (10.93%), Net Carbohydrates: 29.75g (10.82%), Sugar: 11.02g (12.25%), Cholesterol: 0mg (0%), Sodium: 3.58mg (0.16%), Alcohol: 11.84g (100%), Alcohol %: 6.79% (100%), Protein: 0.96g (1.93%), Vitamin K: 15.91µg (15.15%), Vitamin C: 12.19mg (14.78%), Fiber: 3.04g (12.18%), Manganese: 0.23mg (11.53%), Vitamin B6: 0.2mg (10.14%), Iron: 1.24mg (6.87%), Potassium: 235.76mg (6.74%), Magnesium: 24.46mg (6.11%), Copper: 0.11mg (5.63%), Calcium: 54.45mg (5.45%), Vitamin B1: 0.07mg (4.43%), Folate: 16.81µg (4.2%), Vitamin E: 0.53mg (3.55%), Vitamin B2: 0.05mg (3.19%), Vitamin B3: 0.52mg (2.61%), Phosphorus: 19.38mg (1.94%), Vitamin A: 95.56IU (1.91%), Vitamin B5: 0.18mg (1.84%), Zinc: 0.2mg (1.32%), Selenium: 0.72µg (1.03%)