



## Luscious Lassi

 Vegetarian  Gluten Free

READY IN



2 min.

SERVINGS



2

CALORIES



563 kcal

BEVERAGE

DRINK

### Ingredients

- 1 banana ripe peeled cut into chunks
- 1 cup coconut milk
- 1 inch ginger root fresh grated
- 14 ice cubes
- 3 cups nonfat yogurt low fat custard style flavored
- 1 cup pineapple crushed
- 2 large stem strawberries

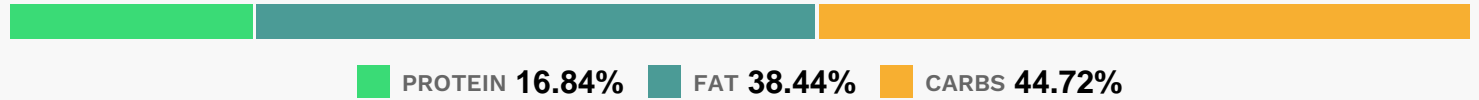
### Equipment

blender

## Directions

- Combine yogurt, coconut milk, ice cubes, pineapple, banana and grated ginger in a blender and blend until smooth and frothy.
- Serve in tall glasses and garnish with a large stem strawberry.

## Nutrition Facts



## Properties

Glycemic Index:103.39, Glycemic Load:10.3, Inflammation Score:-7, Nutrition Score:28.823043496712%

## Flavonoids

Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Pelargonidin: 6.71mg, Pelargonidin: 6.71mg, Pelargonidin: 6.71mg, Pelargonidin: 6.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 4.44mg, Catechin: 4.44mg, Catechin: 4.44mg, Catechin: 4.44mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg Galocatechin: 0.01mg, Galocatechin: 0.01mg, Galocatechin: 0.01mg, Galocatechin: 0.01mg

## Nutrients (% of daily need)

Calories: 563.34kcal (28.17%), Fat: 25.2g (38.76%), Saturated Fat: 21.89g (136.79%), Carbohydrates: 65.95g (21.98%), Net Carbohydrates: 62.27g (22.64%), Sugar: 53.67g (59.63%), Cholesterol: 7.35mg (2.45%), Sodium: 305.06mg (13.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.83g (49.66%), Calcium: 781.36mg (78.14%), Phosphorus: 714.39mg (71.44%), Manganese: 1.16mg (57.89%), Vitamin B2: 0.94mg (55%), Potassium: 1599.46mg (45.7%), Vitamin C: 36.74mg (44.53%), Magnesium: 161.47mg (40.37%), Vitamin B12: 2.24µg (37.36%), Zinc: 4.46mg (29.76%), Vitamin B5: 2.77mg (27.66%), Vitamin B6: 0.55mg (27.5%), Iron: 4.68mg (25.98%), Copper: 0.52mg (25.81%), Vitamin B1: 0.35mg (23.17%), Folate: 84.5µg (21.12%), Selenium: 14.43µg (20.61%), Fiber: 3.68g (14.73%), Vitamin B3: 2.03mg (10.17%), Vitamin A: 125.87IU (2.52%), Vitamin K: 2.46µg (2.34%), Vitamin E: 0.17mg (1.13%)