

Mango Craze Juice Blend

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



94 kcal

BEVERAGE

DRINK

Ingredients

- 2 cups ice cubes
- 3 cups mangos diced
- 0.5 cup orange juice
- 0.3 cup cranberry-orange relish chopped
- 1.5 cups peaches fresh chopped

Equipment

- blender

Directions

Place mango, peaches, orange, nectarine, orange juice, and ice into a blender. Blend for 1 minute, or until smooth.

Nutrition Facts

PROTEIN 5.75% **FAT 4.87%** **CARBS 89.38%**

Properties

Glycemic Index:37.3, Glycemic Load:10.14, Inflammation Score:-8, Nutrition Score:8.3673911820287%

Flavonoids

Cyanidin: 0.99mg, Cyanidin: 0.99mg, Cyanidin: 0.99mg, Cyanidin: 0.99mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 3.98mg, Catechin: 3.98mg, Catechin: 3.98mg, Catechin: 3.98mg Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg Epicatechin: 1.08mg, Epicatechin: 1.08mg, Epicatechin: 1.08mg, Epicatechin: 1.08mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 5.42mg, Hesperetin: 5.42mg, Hesperetin: 5.42mg, Hesperetin: 5.42mg Naringenin: 1.91mg, Naringenin: 1.91mg, Naringenin: 1.91mg, Naringenin: 1.91mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 94.19kcal (4.71%), Fat: 0.56g (0.86%), Saturated Fat: 0.11g (0.67%), Carbohydrates: 23.16g (7.72%), Net Carbohydrates: 20.61g (7.5%), Sugar: 20.36g (22.63%), Cholesterol: 0mg (0%), Sodium: 11.98mg (0.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.49g (2.98%), Vitamin C: 55.12mg (66.81%), Vitamin A: 1291.64IU (25.83%), Folate: 55.48µg (13.87%), Fiber: 2.54g (10.17%), Copper: 0.18mg (8.8%), Vitamin E: 1.25mg (8.36%), Potassium: 288.57mg (8.24%), Vitamin B6: 0.14mg (7.23%), Vitamin B3: 1.16mg (5.8%), Vitamin K: 5.57µg (5.3%), Manganese: 0.1mg (4.81%), Vitamin B1: 0.07mg (4.6%), Magnesium: 18.17mg (4.54%), Vitamin B2: 0.06mg (3.7%), Vitamin B5: 0.34mg (3.35%), Phosphorus: 29.5mg (2.95%), Selenium: 1.63µg (2.33%), Calcium: 21.91mg (2.19%), Iron: 0.37mg (2.08%), Zinc: 0.22mg (1.49%)