



## Mango Peach Slushie

 **Gluten Free**  **Dairy Free**

READY IN



**10 min.**

SERVINGS



**8**

CALORIES



**60 kcal**

DESSERT

### Ingredients

- 1 mangos ripe cut into chunks)
- 1 peaches diced pitted ripe ( and )
- 4 tablespoons honey
- 1 cup vanilla almond milk
- 3.5 cups ice cubes

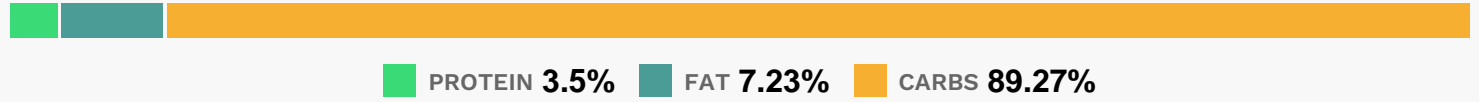
### Equipment

- blender

# Directions

- Place all ingredients into a high powered blender. Blend until well combined and icy.
- Pour into glasses and serve immediately.

# Nutrition Facts



# Properties

Glycemic Index:18.03, Glycemic Load:6.95, Inflammation Score:-3, Nutrition Score:2.2643478201783%

# Flavonoids

Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.37mg, Catechin: 1.37mg, Catechin: 1.37mg, Catechin: 1.37mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

# Nutrients (% of daily need)

Calories: 59.69kcal (2.98%), Fat: 0.52g (0.81%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 14.55g (4.85%), Net Carbohydrates: 13.74g (5%), Sugar: 13.77g (15.3%), Cholesterol: 0mg (0%), Sodium: 48.92mg (2.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.57g (1.14%), Vitamin C: 10.24mg (12.41%), Vitamin A: 341.09IU (6.82%), Calcium: 44.83mg (4.48%), Fiber: 0.81g (3.24%), Copper: 0.06mg (3.18%), Folate: 12.46µg (3.12%), Vitamin E: 0.37mg (2.47%), Potassium: 71.81mg (2.05%), Vitamin B6: 0.04mg (1.9%), Manganese: 0.04mg (1.81%), Vitamin B3: 0.34mg (1.68%), Vitamin K: 1.65µg (1.57%), Magnesium: 5.33mg (1.33%), Vitamin B2: 0.02mg (1.15%)