



Orange, Banana, and Pineapple Frappé



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



193 kcal

SIDE DISH

Ingredients

- ☐ 2.3 cups banana chunks (3 medium bananas)
- ☐ 0.5 cup yogurt plain low-fat
- ☐ 2 tablespoons orange juice concentrate thawed
- ☐ 0.5 cup orange sections (1 medium orange)
- ☐ 0.8 cup pineapple juice
- ☐ 8 ounce pineapple chunks in juice undrained canned
- ☐ 1 tablespoon coconut or sweetened flaked

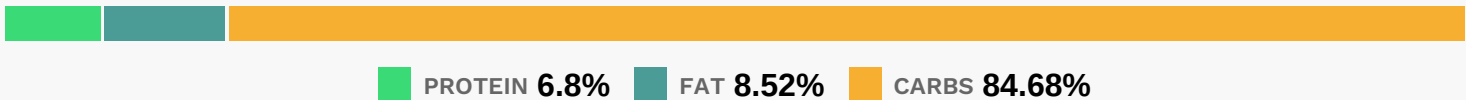
Equipment

blender

Directions

- Combine all ingredients in a blender; cover and process until smooth.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:35.82, Glycemic Load:13.16, Inflammation Score:-5, Nutrition Score:10.141739124837%

Flavonoids

Catechin: 5.34mg, Catechin: 5.34mg, Catechin: 5.34mg, Catechin: 5.34mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 6.13mg, Hesperetin: 6.13mg, Hesperetin: 6.13mg, Hesperetin: 6.13mg Naringenin: 3.45mg, Naringenin: 3.45mg, Naringenin: 3.45mg, Naringenin: 3.45mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 193.01kcal (9.65%), Fat: 1.96g (3.01%), Saturated Fat: 1.4g (8.72%), Carbohydrates: 43.8g (14.6%), Net Carbohydrates: 39.72g (14.44%), Sugar: 30.99g (34.44%), Cholesterol: 1.84mg (0.61%), Sodium: 34.82mg (1.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.51g (7.03%), Vitamin C: 40.3mg (48.85%), Manganese: 0.51mg (25.26%), Vitamin B6: 0.46mg (22.84%), Potassium: 613.32mg (17.52%), Fiber: 4.08g (16.32%), Magnesium: 49.37mg (12.34%), Folate: 44.22µg (11.06%), Vitamin B1: 0.16mg (10.97%), Vitamin B2: 0.17mg (10.18%), Copper: 0.19mg (9.44%), Calcium: 87.46mg (8.75%), Phosphorus: 82.22mg (8.22%), Vitamin B5: 0.6mg (6.01%), Vitamin B3: 1.04mg (5.18%), Selenium: 2.89µg (4.13%), Zinc: 0.56mg (3.75%), Vitamin A: 180.83IU (3.62%), Iron: 0.65mg (3.61%), Vitamin B12: 0.17µg (2.86%), Vitamin E: 0.2mg (1.34%), Vitamin K: 1.06µg (1.01%)