



## Orange Papaya Cooler

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



215 kcal

BEVERAGE

DRINK

### Ingredients

- 2 cups yogurt plain fat-free
- 6 ounces orange juice concentrate frozen canned
- 1 papaya pitted peeled seeded sliced
- 0.3 cup sugar
- 1 teaspoon vanilla

### Equipment

- blender

## Directions

- Place all ingredients in blender. Cover and blend on high speed about 30 seconds or until smooth.
- Serve immediately.

## Nutrition Facts

**PROTEIN 15.32%** **FAT 2.32%** **CARBS 82.36%**

## Properties

Glycemic Index:32.21, Glycemic Load:12.79, Inflammation Score:-8, Nutrition Score:14.48869562149%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg

## Nutrients (% of daily need)

Calories: 215.22kcal (10.76%), Fat: 0.56g (0.87%), Saturated Fat: 0.23g (1.43%), Carbohydrates: 45.16g (15.05%), Net Carbohydrates: 43.44g (15.8%), Sugar: 40.58g (45.09%), Cholesterol: 2.45mg (0.82%), Sodium: 103.6mg (4.5%), Alcohol: 0.34g (100%), Alcohol %: 0.17% (100%), Protein: 8.4g (16.8%), Vitamin C: 109.05mg (132.18%), Calcium: 275.37mg (27.54%), Vitamin B2: 0.38mg (22.64%), Phosphorus: 225.92mg (22.59%), Potassium: 719.9mg (20.57%), Folate: 75.56µg (18.89%), Vitamin A: 891.74IU (17.83%), Magnesium: 54.24mg (13.56%), Vitamin B1: 0.19mg (12.89%), Vitamin B12: 0.75µg (12.45%), Vitamin B5: 1.17mg (11.69%), Vitamin B6: 0.2mg (10.23%), Zinc: 1.32mg (8.8%), Selenium: 5.11µg (7.3%), Fiber: 1.72g (6.87%), Vitamin B3: 0.89mg (4.45%), Copper: 0.08mg (3.96%), Vitamin E: 0.48mg (3.22%), Manganese: 0.06mg (2.99%), Iron: 0.45mg (2.49%), Vitamin K: 2.39µg (2.28%)