



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
- ☐ 1 teaspoon vanilla
- ☐ 30 small ice cubes (1 cup small)
- ☐ 0.3 cup sugar

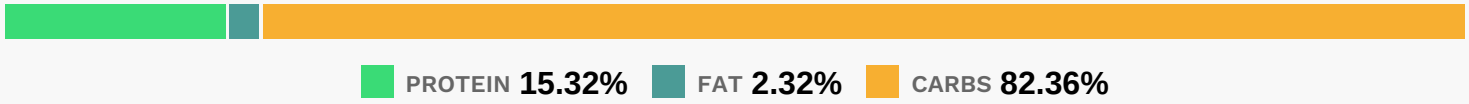
Equipment

- ☐ blender

Directions

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

Nutrition Facts



Properties

Glycemic Index:32.21, Glycemic Load:12.79, Inflammation Score:-8, Nutrition Score:14.553043386211%

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: 108.85mg (4.73%), Alcohol: 0.34g (100%), Alcohol %: 0.12% (100%), Protein: 8.4g (16.8%), Vitamin C: 109.05mg (132.18%), Calcium: 278.52mg (27.85%), 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: 55.29mg (13.82%), 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: 1.33mg (8.87%), Selenium: 5.11µg (7.3%), Fiber: 1.72g (6.87%), Copper: 0.1mg (4.8%), Vitamin B3: 0.89mg (4.45%), Vitamin E: 0.48mg (3.22%), Manganese: 0.06mg (2.99%), Iron: 0.45mg (2.49%), Vitamin K: 2.39µg (2.28%)