



Papaya Passion Smoothie

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



6

CALORIES



194 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 2 tablespoons cream cheese
- ☐ 2 cups ice cubes
- ☐ 2 cups milk
- ☐ 2 cups papaya cubed peeled seeded
- ☐ 0.3 cup condensed milk sweetened
- ☐ 1 cup vanilla yogurt
- ☐ 0.3 cup sugar white

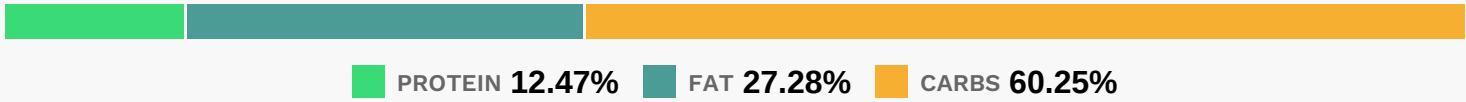
Equipment

☐ blender

Directions

- ☐ Place papaya, milk, sugar, condensed milk, yogurt, cream cheese, and ice in a blender. Blend until smooth.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:42.47, Glycemic Load:14.06, Inflammation Score:-6, Nutrition Score:8.3478261543357%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Nutrients (% of daily need)

Calories: 193.5kcal (9.68%), Fat: 6.03g (9.28%), Saturated Fat: 3.56g (22.23%), Carbohydrates: 29.98g (9.99%), Net Carbohydrates: 29.18g (10.61%), Sugar: 28.63g (31.81%), Cholesterol: 21.02mg (7.01%), Sodium: 96.99mg (4.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.21g (12.41%), Vitamin C: 29.08mg (35.25%), Calcium: 222.55mg (22.25%), Phosphorus: 179.37mg (17.94%), Vitamin B2: 0.27mg (16.04%), Vitamin A: 691.61IU (13.83%), Vitamin B12: 0.72µg (12.04%), Potassium: 350.21mg (10.01%), Selenium: 6.18µg (8.83%), Magnesium: 30.63mg (7.66%), Vitamin B5: 0.74mg (7.41%), Vitamin D: 0.92µg (6.13%), Folate: 23.6µg (5.9%), Zinc: 0.86mg (5.75%), Vitamin B1: 0.09mg (5.73%), Vitamin B6: 0.09mg (4.75%), Fiber: 0.79g (3.17%), Copper: 0.04mg (2.16%), Vitamin E: 0.25mg (1.67%), Vitamin B3: 0.33mg (1.63%), Vitamin K: 1.68µg (1.6%), Manganese: 0.03mg (1.26%)