

Papaya Shake



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



141 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 tablespoons juice of lime fresh
- ☐ 2 tablespoons maple syrup
- ☐ 2 cups papaya frozen chopped (1 papaya)
- ☐ 0.8 cup peach nectar
- ☐ 1 cup peaches frozen ripe peeled chopped (1 large)
- ☐ 1 cup pineapple fresh frozen chopped
- ☐ 0.8 cup rice milk
- ☐ 1 Dash sea salt

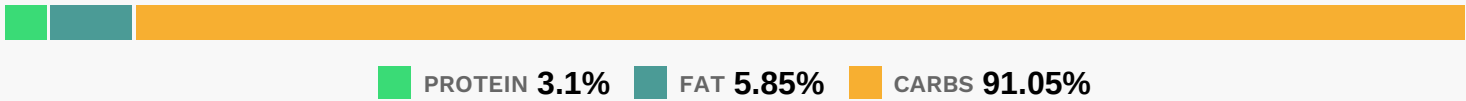
Equipment

☐ blender

Directions

- ☐ Place all ingredients in a blender; process until smooth.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:68.29, Glycemic Load:14.07, Inflammation Score:-7, Nutrition Score:9.6408694982529%

Flavonoids

Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg Catechin: 1.89mg, Catechin: 1.89mg, Catechin: 1.89mg, Catechin: 1.89mg Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg Epicatechin: 0.9mg, Epicatechin: 0.9mg, Epicatechin: 0.9mg, Epicatechin: 0.9mg Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg 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: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 141.15kcal (7.06%), Fat: 0.98g (1.51%), Saturated Fat: 0.09g (0.54%), Carbohydrates: 34.33g (11.44%), Net Carbohydrates: 31.9g (11.6%), Sugar: 26.6g (29.55%), Cholesterol: 0mg (0%), Sodium: 43.99mg (1.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.17g (2.34%), Vitamin C: 66.18mg (80.21%), Manganese: 0.67mg (33.71%), Vitamin A: 938.64IU (18.77%), Vitamin B2: 0.18mg (10.54%), Fiber: 2.42g (9.69%), Folate: 36.85µg (9.21%), Potassium: 264.62mg (7.56%), Magnesium: 27.3mg (6.82%), Vitamin B1: 0.09mg (6.29%), Copper: 0.12mg (5.87%), Vitamin B6: 0.1mg (5.13%), Vitamin E: 0.65mg (4.34%), Vitamin B3: 0.83mg (4.14%), Calcium: 40.16mg (4.02%), Vitamin K: 3.87µg (3.68%), Vitamin B5: 0.32mg (3.21%), Iron: 0.48mg (2.64%), Phosphorus: 21.22mg (2.12%), Selenium: 1.37µg (1.96%), Zinc: 0.27mg (1.83%)