



Passion Potion

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



141 kcal

SIDE DISH

Ingredients

- 2 cups mangos ripe cubed peeled
- 1.5 cups orange juice chilled
- 0.5 cup passion fruit rum chilled
- 1 cup pineapple cubed

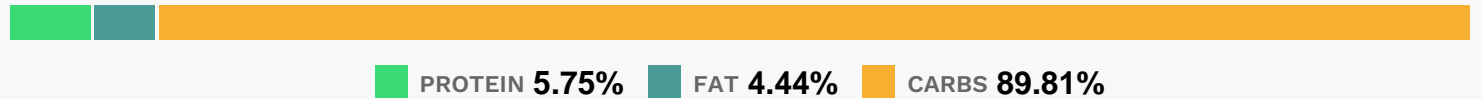
Equipment

- blender

Directions

- Place the mango cubes and pineapple cubes into freezer, and freeze until firm (about 1 hour).
- Remove from freezer; let stand 10 minutes.
- Combine mango, juice, and nectar in a blender, and process until smooth. With blender on, add pineapple; process until smooth.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:48.1, Glycemic Load:14.64, Inflammation Score:-8, Nutrition Score:12.43391306504%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 11.11mg, Hesperetin: 11.11mg, Hesperetin: 11.11mg, Hesperetin: 11.11mg Naringenin: 1.99mg, Naringenin: 1.99mg, Naringenin: 1.99mg, Naringenin: 1.99mg 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: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 140.59kcal (7.03%), Fat: 0.76g (1.16%), Saturated Fat: 0.12g (0.75%), Carbohydrates: 34.35g (11.45%), Net Carbohydrates: 29.2g (10.62%), Sugar: 26.48g (29.42%), Cholesterol: 0mg (0%), Sodium: 10.43mg (0.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.2g (4.4%), Vitamin C: 105.1mg (127.39%), Vitamin A: 1477.82IU (29.56%), Manganese: 0.45mg (22.37%), Fiber: 5.15g (20.61%), Folate: 74.93µg (18.73%), Potassium: 472.22mg (13.49%), Vitamin B6: 0.21mg (10.55%), Copper: 0.2mg (10.16%), Vitamin B1: 0.14mg (9.29%), Magnesium: 31.99mg (8%), Vitamin B3: 1.57mg (7.86%), Vitamin B2: 0.11mg (6.52%), Vitamin E: 0.79mg (5.29%), Phosphorus: 50.72mg (5.07%), Iron: 0.91mg (5.05%), Vitamin B5: 0.43mg (4.27%), Vitamin K: 4.05µg (3.86%), Calcium: 28.21mg (2.82%), Zinc: 0.2mg (1.33%), Selenium: 0.81µg (1.15%)