



Peach-Mango Smoothie



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



1

CALORIES



244 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 1 cup ice cubes
- ☐ 0.5 cup mango chunks frozen recommended: Dole
- ☐ 0.5 cup apricot-mango nectar recommended: Kerns
- ☐ 6 ounce nonfat peach yogurt
- ☐ 0.5 cup peaches frozen recommended: Dole
- ☐ 0.3 block silken tofu soft recommended: Mori-Nu
- ☐ 1 serving vanilla vodka

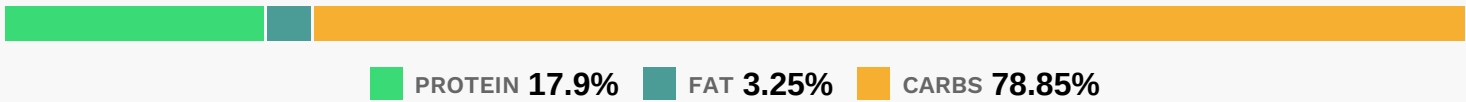
Equipment

☐ blender

Directions

- ☐ Pour nectar into blender.
- ☐ Add all remaining ingredients. Blend on high for 30 seconds to 1 minute or until smooth.
- ☐ To make a smoothie cocktail, add 3 ounces vanilla vodka, if desired.

Nutrition Facts



Properties

Glycemic Index:107, Glycemic Load:8.39, Inflammation Score:-9, Nutrition Score:16.888260592585%

Flavonoids

Cyanidin: 1.56mg, Cyanidin: 1.56mg, Cyanidin: 1.56mg, Cyanidin: 1.56mg 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: 5.21mg, Catechin: 5.21mg, Catechin: 5.21mg, Catechin: 5.21mg Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg Epicatechin: 1.8mg, Epicatechin: 1.8mg, Epicatechin: 1.8mg Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg 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: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 243.55kcal (12.18%), Fat: 0.91g (1.4%), Saturated Fat: 0.31g (1.91%), Carbohydrates: 49.66g (16.55%), Net Carbohydrates: 46.81g (17.02%), Sugar: 46.39g (51.55%), Cholesterol: 3.4mg (1.13%), Sodium: 159.94mg (6.95%), Alcohol: 0.33g (100%), Alcohol %: 0.06% (100%), Protein: 11.27g (22.55%), Vitamin C: 53.79mg (65.2%), Vitamin A: 2024.04IU (40.48%), Calcium: 379.16mg (37.92%), Phosphorus: 298.26mg (29.83%), Vitamin B2: 0.46mg (26.89%), Potassium: 696.87mg (19.91%), Folate: 69.29µg (17.32%), Vitamin B12: 1.04µg (17.29%), Vitamin B5: 1.46mg (14.59%), Magnesium: 52.93mg (13.23%), Zinc: 1.95mg (13.01%), Selenium: 8.74µg (12.48%), Copper: 0.23mg (11.72%), Fiber: 2.85g (11.41%), Vitamin B6: 0.23mg (11.32%), Vitamin E: 1.57mg (10.45%), Vitamin B1: 0.13mg (8.49%), Vitamin B3: 1.48mg (7.42%), Manganese: 0.14mg (7.13%), Vitamin K: 7.12µg (6.78%), Iron: 1mg (5.56%)