



Peachy White Tea Smoothies



Vegetarian



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



2

CALORIES



334 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 2 cups soymilk
- ☐ 8 bags peaches white
- ☐ 3 cups peaches frozen sliced
- ☐ 0.3 cup honey

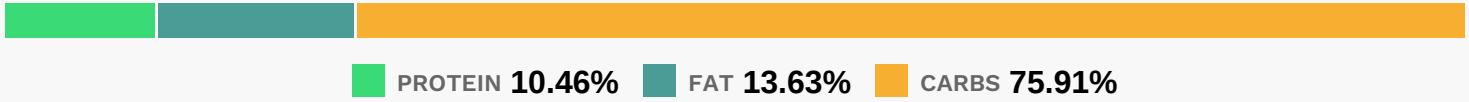
Equipment

- ☐ food processor
- ☐ sauce pan
- ☐ blender

Directions

- ☐ In 1-quart saucepan, heat soymilk just to boiling over medium-high heat, stirring constantly; remove from heat.
- ☐ Add tea bags and push into soymilk; let stand 5 minutes. Discard teabags.
- ☐ Place saucepan with soymilk mixture in freezer 15 to 20 minutes to chill.
- ☐ Place chilled soymilk, peaches and honey in blender or food processor. Cover; blend on high speed about 1 minute or until smooth.
- ☐ Pour into 2 glasses.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:83.09, Glycemic Load:28.75, Inflammation Score:-8, Nutrition Score:21.19130433124%

Flavonoids

Cyanidin: 4.51mg, Cyanidin: 4.51mg, Cyanidin: 4.51mg, Cyanidin: 4.51mg Catechin: 11.56mg, Catechin: 11.56mg, Catechin: 11.56mg, Catechin: 11.56mg Epigallocatechin: 2.44mg, Epigallocatechin: 2.44mg, Epigallocatechin: 2.44mg, Epigallocatechin: 2.44mg Epicatechin: 5.5mg, Epicatechin: 5.5mg, Epicatechin: 5.5mg, Epicatechin: 5.5mg Epigallocatechin 3-gallate: 0.7mg, Epigallocatechin 3-gallate: 0.7mg, Epigallocatechin 3-gallate: 0.7mg, Epigallocatechin 3-gallate: 0.7mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg

Nutrients (% of daily need)

Calories: 333.72kcal (16.69%), Fat: 5.33g (8.2%), Saturated Fat: 0.53g (3.32%), Carbohydrates: 66.79g (22.26%), Net Carbohydrates: 62.24g (22.63%), Sugar: 60.48g (67.2%), Cholesterol: 0mg (0%), Sodium: 150.24mg (6.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.2g (18.41%), Vitamin E: 7.66mg (51.08%), Vitamin B3: 9.71mg (48.57%), Vitamin B12: 2.55µg (42.48%), Calcium: 342.34mg (34.23%), Vitamin A: 1693.58IU (33.87%), Vitamin B2: 0.56mg (32.86%), Vitamin C: 26.84mg (32.53%), Vitamin B6: 0.62mg (30.94%), Copper: 0.49mg (24.44%), Folate: 90.47µg (22.62%), Vitamin D: 2.83µg (18.88%), Potassium: 641.49mg (18.33%), Fiber: 4.55g (18.22%), Selenium: 10.7µg (15.29%), Vitamin B1: 0.2mg (13.51%), Iron: 2.13mg (11.85%), Manganese: 0.18mg (8.86%), Zinc: 1.2mg (8%), Vitamin K: 7.05µg (6.71%), Phosphorus: 53.4mg (5.34%), Magnesium: 19.65mg (4.91%), Vitamin B5: 0.39mg (3.88%)