



Peachy White Tea Smoothies



Vegetarian



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



2

CALORIES



332 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

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

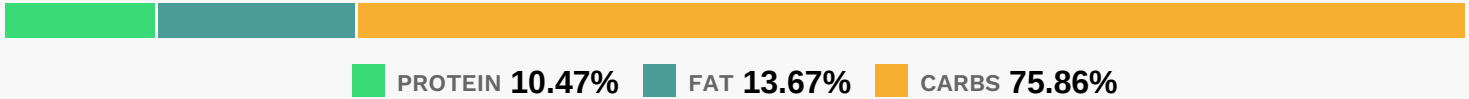
Equipment

- ☐ 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:62.97, Glycemic Load:28.61, Inflammation Score:-8, Nutrition Score:21.118260860443%

Flavonoids

Cyanidin: 4.44mg, Cyanidin: 4.44mg, Cyanidin: 4.44mg, Cyanidin: 4.44mg Catechin: 11.43mg, Catechin: 11.43mg, Catechin: 11.43mg, Catechin: 11.43mg Epigallocatechin: 2.72mg, Epigallocatechin: 2.72mg, Epigallocatechin: 2.72mg, Epigallocatechin: 2.72mg Epicatechin: 5.49mg, Epicatechin: 5.49mg, Epicatechin: 5.49mg, Epicatechin: 5.49mg Epicatechin 3-gallate: 0.23mg, Epicatechin 3-gallate: 0.23mg, Epicatechin 3-gallate: 0.23mg, Epicatechin 3-gallate: 0.23mg Epigallocatechin 3-gallate: 1.07mg, Epigallocatechin 3-gallate: 1.07mg, Epigallocatechin 3-gallate: 1.07mg, Epigallocatechin 3-gallate: 1.07mg Theaflavin: 0.06mg, Theaflavin: 0.06mg, Theaflavin: 0.06mg, Theaflavin: 0.06mg Thearubigins: 3.25mg, Thearubigins: 3.25mg, Thearubigins: 3.25mg, Thearubigins: 3.25mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg Theaflavin-3,3'-digallate: 0.07mg, Theaflavin-3,3'-digallate: 0.07mg, Theaflavin-3,3'-digallate: 0.07mg, Theaflavin-3,3'-digallate: 0.07mg Theaflavin-3'-gallate: 0.06mg, Theaflavin-3'-gallate: 0.06mg, Theaflavin-3'-gallate: 0.06mg, Theaflavin-3'-gallate: 0.06mg Theaflavin-3'-gallate: 0.06mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 332.08kcal (16.6%), Fat: 5.32g (8.18%), Saturated Fat: 0.53g (3.31%), Carbohydrates: 66.4g (22.13%), Net Carbohydrates: 61.91g (22.51%), Sugar: 60.14g (66.82%), Cholesterol: 0mg (0%), Sodium: 149.85mg (6.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.17g (18.34%), Vitamin E: 7.63mg (50.89%), Vitamin B3: 9.68mg

(48.41%), Vitamin B12: 2.55µg (42.48%), Calcium: 342.18mg (34.22%), Vitamin A: 1680.54IU (33.61%), Vitamin B2: 0.56mg (32.82%), Vitamin C: 26.67mg (32.33%), Vitamin B6: 0.62mg (30.89%), Copper: 0.49mg (24.31%), Folate: 90.43µg (22.61%), Vitamin D: 2.83µg (18.88%), Potassium: 638.09mg (18.23%), Fiber: 4.49g (17.97%), Selenium: 10.62µg (15.17%), Vitamin B1: 0.2mg (13.45%), Iron: 2.12mg (11.78%), Manganese: 0.18mg (9.18%), Zinc: 1.19mg (7.94%), Vitamin K: 6.93µg (6.6%), Phosphorus: 52.56mg (5.26%), Magnesium: 19.45mg (4.86%), Vitamin B5: 0.38mg (3.83%)