



Pineapple-Orange-Banana Shake



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



108 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.3 cup apple juice concentrate frozen thawed
- ☐ 2 large bananas frozen sliced
- ☐ 0.3 cup pineapple-orange juice
- ☐ 0.5 teaspoon vanilla extract

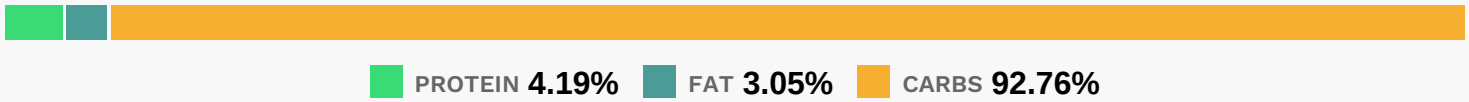
Equipment

- ☐ blender

Directions

- ☐ Process all ingredients in a blender 1 to 2 minutes or until smooth, stopping once to scrape down sides.
- ☐ Serve immediately.
- ☐ Note: Leftover shake mixture may be frozen in small cups or ice-cream cones and served as a frozen snack.

Nutrition Facts



Properties

Glycemic Index:49.18, Glycemic Load:12.74, Inflammation Score:-3, Nutrition Score:5.4134782513847%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 5.88mg, Catechin: 5.88mg, Catechin: 5.88mg, Catechin: 5.88mg Epicatechin: 1.32mg, Epicatechin: 1.32mg, Epicatechin: 1.32mg, Epicatechin: 1.32mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.29mg, Hesperetin: 3.29mg, Hesperetin: 3.29mg, Hesperetin: 3.29mg Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 107.69kcal (5.38%), Fat: 0.39g (0.6%), Saturated Fat: 0.11g (0.71%), Carbohydrates: 26.74g (8.91%), Net Carbohydrates: 24.27g (8.82%), Sugar: 16.11g (17.9%), Cholesterol: 0mg (0%), Sodium: 2.34mg (0.1%), Alcohol: 0.23g (100%), Alcohol %: 0.2% (100%), Protein: 1.21g (2.42%), Vitamin C: 21.91mg (26.56%), Vitamin B6: 0.35mg (17.45%), Manganese: 0.27mg (13.53%), Potassium: 408.52mg (11.67%), Fiber: 2.47g (9.87%), Magnesium: 28.97mg (7.24%), Folate: 26.4µg (6.6%), Vitamin B2: 0.08mg (4.69%), Copper: 0.09mg (4.33%), Vitamin B1: 0.06mg (3.92%), Vitamin B5: 0.37mg (3.69%), Vitamin B3: 0.74mg (3.68%), Phosphorus: 26.6mg (2.66%), Vitamin A: 113.41IU (2.27%), Iron: 0.32mg (1.8%), Selenium: 0.96µg (1.37%), Zinc: 0.16mg (1.04%)