

# Pineapple Tangerine Batido



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



1500 min.

SERVINGS



12

CALORIES



234 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 medium banana sliced
- 0.3 cup juice of lime fresh
- 8 pound pineapple cored trimmed peeled quartered cut into 1/2-inch pieces ( 10 cups) (preferably labeled "extra sweet")
- 1 cup rum white
- 3 cups tangerine juice

## Equipment

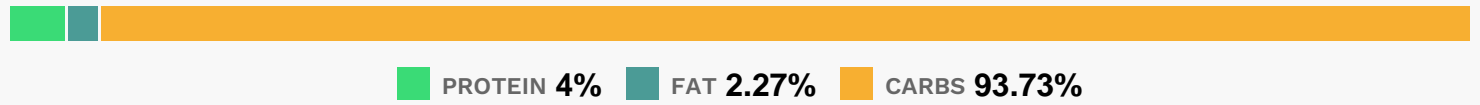
- sieve

blender

## Directions

- Working in 3 batches, purée pineapples, banana, and juices in a blender until very smooth.
- Transfer as puréed to a large pitcher. (If pineapple is particularly fibrous, pour through a medium-mesh sieve, pressing hard on and then discarding solids.) Stir in rum. Chill, covered, until cold, about 1 hour. Stir again (or blend for a frothier texture) just before serving.
- Batido can be made 1 day ahead and chilled, covered.

## Nutrition Facts



## Properties

Glycemic Index:10.7, Glycemic Load:21.84, Inflammation Score:-8, Nutrition Score:15.909130347812%

## Flavonoids

Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 11.02mg, Hesperetin: 11.02mg, Hesperetin: 11.02mg, Hesperetin: 11.02mg Naringenin: 0.87mg, Naringenin: 0.87mg, Naringenin: 0.87mg, Naringenin: 0.87mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

## Nutrients (% of daily need)

Calories: 233.96kcal (11.7%), Fat: 0.52g (0.8%), Saturated Fat: 0.05g (0.33%), Carbohydrates: 48.52g (16.17%), Net Carbohydrates: 43.88g (15.96%), Sugar: 37.18g (41.32%), Cholesterol: 0mg (0%), Sodium: 4.04mg (0.18%), Alcohol: 6.68g (100%), Alcohol %: 2.12% (100%), Protein: 2.07g (4.14%), Vitamin C: 165.07mg (200.08%), Manganese: 2.86mg (142.86%), Vitamin B6: 0.4mg (20.14%), Vitamin B1: 0.28mg (18.64%), Fiber: 4.63g (18.53%), Copper: 0.36mg (18.07%), Folate: 59.99µg (15%), Potassium: 481.03mg (13.74%), Magnesium: 44.29mg (11.07%), Vitamin B3: 1.65mg (8.24%), Vitamin B5: 0.76mg (7.6%), Vitamin B2: 0.12mg (6.93%), Vitamin A: 340.43IU (6.81%), Iron: 1.04mg (5.77%), Calcium: 51.62mg (5.16%), Phosphorus: 36.51mg (3.65%), Zinc: 0.41mg (2.72%), Vitamin K: 2.2µg (2.09%), Vitamin E: 0.16mg (1.08%)