



Pink Cabana

 Gluten Free

READY IN



5 min.

SERVINGS



2

CALORIES



381 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup milk
- 0.5 cup pineapple juice
- 0.5 cup pear liqueur orange-flavored
- 7.6 oz banana frozen yoplait®

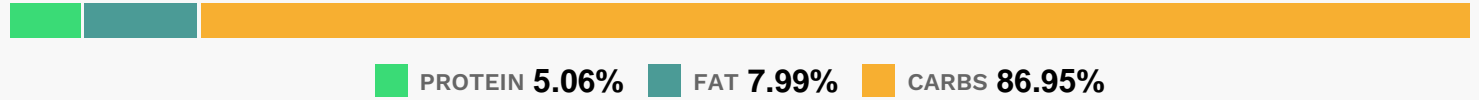
Equipment

- blender

Directions

- In blender, place milk, pineapple juice, liqueur and contents of Yoplait® Frozen Smoothie bag. Cover; blend on high speed 1 minute to 1 minute 30 seconds, stopping blender to scrape down sides as necessary, until smooth.
- Pour into glasses.

Nutrition Facts



Properties

Glycemic Index:69.39, Glycemic Load:16.44, Inflammation Score:-5, Nutrition Score:8.4852174209512%

Flavonoids

Catechin: 6.57mg, Catechin: 6.57mg, Catechin: 6.57mg, Catechin: 6.57mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 381.32kcal (19.07%), Fat: 2.38g (3.66%), Saturated Fat: 1.26g (7.87%), Carbohydrates: 58.24g (19.41%), Net Carbohydrates: 55.32g (20.12%), Sugar: 44.99g (49.98%), Cholesterol: 7.32mg (2.44%), Sodium: 25.44mg (1.11%), Alcohol: 23.87g (100%), Alcohol %: 10.54% (100%), Protein: 3.39g (6.77%), Manganese: 0.59mg (29.53%), Vitamin B6: 0.49mg (24.58%), Vitamin C: 15.27mg (18.51%), Potassium: 553.87mg (15.82%), Fiber: 2.92g (11.68%), Magnesium: 43.49mg (10.87%), Vitamin B2: 0.18mg (10.31%), Phosphorus: 90.03mg (9%), Calcium: 88.09mg (8.81%), Folate: 32.17µg (8.04%), Vitamin B1: 0.1mg (6.79%), Copper: 0.13mg (6.27%), Vitamin B5: 0.62mg (6.2%), Vitamin B12: 0.33µg (5.49%), Vitamin B3: 0.9mg (4.49%), Vitamin D: 0.67µg (4.47%), Vitamin A: 170.72IU (3.41%), Selenium: 2.3µg (3.28%), Zinc: 0.48mg (3.18%), Iron: 0.46mg (2.57%)