

Raspberry Banana Tofu Shake



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



141 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 banana
- ☐ 0.3 cup orange juice concentrate frozen
- ☐ 1 cup raspberries
- ☐ 12 ounce silken tofu firm
- ☐ 1 cup soy milk fat free

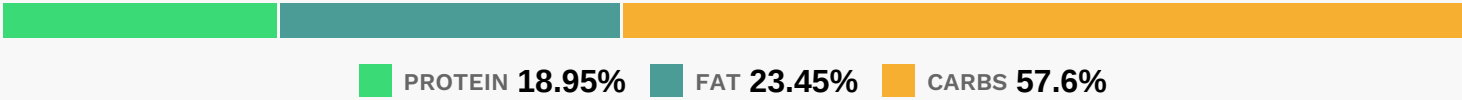
Equipment

- ☐ blender

Directions

☐ In a blender, mix tofu, soy milk, banana, raspberries, and orange juice concentrate. Blend until smooth.

Nutrition Facts



Properties

Glycemic Index:28.55, Glycemic Load:4.29, Inflammation Score:-6, Nutrition Score:11.257391245469%

Flavonoids

Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.19mg, Catechin: 2.19mg, Catechin: 2.19mg, Catechin: 2.19mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 141.45kcal (7.07%), Fat: 3.81g (5.86%), Saturated Fat: 0.47g (2.96%), Carbohydrates: 21.05g (7.02%), Net Carbohydrates: 17.83g (6.48%), Sugar: 12.8g (14.23%), Cholesterol: 0mg (0%), Sodium: 35.59mg (1.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.92g (13.85%), Vitamin C: 40.41mg (48.98%), Vitamin B6: 0.32mg (15.89%), Copper: 0.31mg (15.46%), Manganese: 0.29mg (14.46%), Potassium: 498.83mg (14.25%), Vitamin B3: 2.77mg (13.83%), Fiber: 3.22g (12.86%), Vitamin B2: 0.22mg (12.67%), Vitamin B1: 0.19mg (12.61%), Vitamin E: 1.88mg (12.56%), Calcium: 124.69mg (12.47%), Magnesium: 45.44mg (11.36%), Folate: 44.75µg (11.19%), Vitamin B12: 0.64µg (10.62%), Phosphorus: 78.75mg (7.87%), Iron: 1.33mg (7.38%), Vitamin A: 327.92IU (6.56%), Zinc: 0.78mg (5.22%), Vitamin D: 0.71µg (4.72%), Vitamin B5: 0.3mg (2.97%), Selenium: 1.78µg (2.55%), Vitamin K: 2.56µg (2.44%)