

Really Raspberry



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



2 min.

SERVINGS



4

CALORIES



259 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon almond extract
- ☐ 2 cups apple juice
- ☐ 3 bananas frozen
- ☐ 2 cups raspberries frozen
- ☐ 4 tablespoons raspberry jelly
- ☐ 1 cup spicy tofu firm

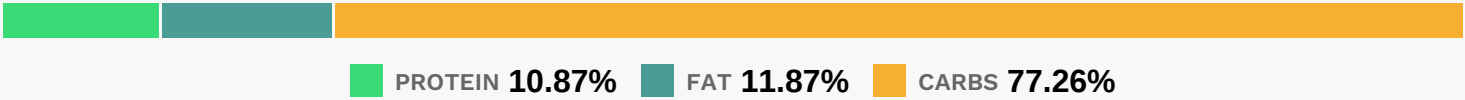
Equipment

- ☐ blender

Directions

☐ In a blender combine tofu, apple juice, frozen raspberries, jelly, frozen bananas and almond extract. Blend until smooth.

Nutrition Facts



Properties

Glycemic Index:47.88, Glycemic Load:21.6, Inflammation Score:-4, Nutrition Score:9.6039130791374%

Flavonoids

Cyanidin: 27.49mg, Cyanidin: 27.49mg, Cyanidin: 27.49mg, Cyanidin: 27.49mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 7.73mg, Catechin: 7.73mg, Catechin: 7.73mg, Catechin: 7.73mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 7.97mg, Epicatechin: 7.97mg, Epicatechin: 7.97mg, Epicatechin: 7.97mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

Nutrients (% of daily need)

Calories: 259.45kcal (12.97%), Fat: 3.58g (5.51%), Saturated Fat: 0.45g (2.81%), Carbohydrates: 52.47g (17.49%), Net Carbohydrates: 45.37g (16.5%), Sugar: 32.42g (36.02%), Cholesterol: 0mg (0%), Sodium: 13.45mg (0.58%), Alcohol: 0.17g (100%), Alcohol %: 0.06% (100%), Protein: 7.38g (14.76%), Manganese: 0.74mg (36.97%), Vitamin C: 25.77mg (31.23%), Fiber: 7.1g (28.4%), Vitamin B6: 0.38mg (19.15%), Potassium: 544.19mg (15.55%), Magnesium: 43.92mg (10.98%), Calcium: 109.7mg (10.97%), Iron: 1.61mg (8.92%), Folate: 31.84µg (7.96%), Copper: 0.15mg (7.61%), Vitamin B2: 0.12mg (7.04%), Vitamin B5: 0.56mg (5.57%), Vitamin B3: 1.04mg (5.23%), Vitamin B1: 0.08mg (5%), Vitamin K: 5.12µg (4.88%), Phosphorus: 48.24mg (4.82%), Vitamin E: 0.64mg (4.26%), Zinc: 0.42mg (2.79%), Selenium: 1.41µg (2.01%), Vitamin A: 77.68IU (1.55%)