

Ruby Sipper

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



166 kcal

SIDE DISH

Ingredients

- 0.3 cup beets fresh peeled chopped
- 3 tablespoons honey
- 1 cup lite coconut milk light
- 1 tablespoon juice of lime fresh (1 large lime)
- 1.3 cups pineapple chunks fresh
- 1.3 cups cherries dark sweet pitted

Equipment

- sieve

blender

Directions

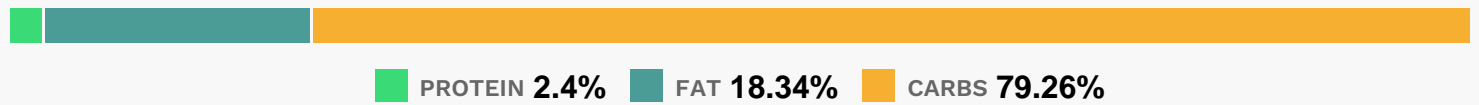
Place all ingredients in a blender; process until smooth. Strain mixture through a sieve; discard solids.

Pour into glasses.

Garnish with pineapple wedges, if desired.

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:34.57, Glycemic Load:8.45, Inflammation Score:0, Nutrition Score:3.2295651876408%

Flavonoids

Cyanidin: 13.03mg, Cyanidin: 13.03mg, Cyanidin: 13.03mg, Cyanidin: 13.03mg Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg Peonidin: 0.65mg, Peonidin: 0.65mg, Peonidin: 0.65mg, Peonidin: 0.65mg Catechin: 1.88mg, Catechin: 1.88mg, Catechin: 1.88mg, Catechin: 1.88mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 2.16mg, Epicatechin: 2.16mg, Epicatechin: 2.16mg, Epicatechin: 2.16mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

Nutrients (% of daily need)

Calories: 165.67kcal (8.28%), Fat: 3.51g (5.41%), Saturated Fat: 3.35g (20.97%), Carbohydrates: 34.18g (11.39%), Net Carbohydrates: 32.02g (11.65%), Sugar: 29.63g (32.92%), Cholesterol: 0mg (0%), Sodium: 49.74mg (2.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.03g (2.07%), Vitamin C: 11.59mg (14.05%), Fiber: 2.15g (8.61%), Potassium: 227.62mg (6.5%), Vitamin B1: 0.09mg (6.04%), Copper: 0.12mg (5.9%), Magnesium: 18.4mg (4.6%), Vitamin B6: 0.09mg (4.37%), Folate: 15.38µg (3.84%), Manganese: 0.07mg (3.57%), Iron: 0.5mg (2.78%), Vitamin B2: 0.04mg (2.34%), Calcium: 20.27mg (2.03%), Phosphorus: 18.79mg (1.88%), Vitamin B3: 0.33mg (1.65%), Vitamin K: 1.46µg (1.39%), Vitamin A: 69.25IU (1.38%), Zinc: 0.17mg (1.14%), Vitamin B5: 0.11mg (1.14%)