



 **99%**
HEALTH SCORE

Spa Refreshers

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



8 min.

SERVINGS



2

CALORIES



119 kcal

SIDE DISH

Ingredients

- 12 oz broccoli frozen
- 0.5 cup cucumber english seedless ()
- 6 oz lime yoplait®
- 0.5 cup pineapple juice
- 0.5 cup ice crushed

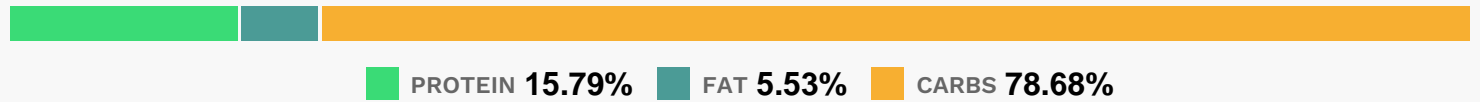
Equipment

- blender

Directions

- Cook broccoli as directed on bag. Rinse with cold water until cooled.
- Drain.
- In blender, place 1/4 cup of the cooked broccoli and remaining ingredients. (Cover and refrigerate remaining broccoli for another use.) Cover; blend on high speed about 30 seconds or until smooth.
- Pour into 2 glasses.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:55, Glycemic Load:7.73, Inflammation Score:-9, Nutrition Score:21.176956508471%

Flavonoids

Hesperetin: 36.57mg, Hesperetin: 36.57mg, Hesperetin: 36.57mg, Hesperetin: 36.57mg Naringenin: 2.89mg, Naringenin: 2.89mg, Naringenin: 2.89mg, Naringenin: 2.89mg Luteolin: 1.36mg, Luteolin: 1.36mg, Luteolin: 1.36mg, Luteolin: 1.36mg Kaempferol: 13.37mg, Kaempferol: 13.37mg, Kaempferol: 13.37mg, Kaempferol: 13.37mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 5.9mg, Quercetin: 5.9mg, Quercetin: 5.9mg, Quercetin: 5.9mg

Nutrients (% of daily need)

Calories: 118.52kcal (5.93%), Fat: 0.9g (1.38%), Saturated Fat: 0.23g (1.42%), Carbohydrates: 28.76g (9.59%), Net Carbohydrates: 21.71g (7.89%), Sugar: 10.65g (11.83%), Cholesterol: 0mg (0%), Sodium: 62.49mg (2.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.77g (11.55%), Vitamin C: 183.1mg (221.94%), Vitamin K: 178.45µg (169.95%), Manganese: 0.68mg (34.1%), Folate: 126.41µg (31.6%), Fiber: 7.05g (28.21%), Vitamin A: 1132.48IU (22.65%), Potassium: 739.18mg (21.12%), Vitamin B6: 0.4mg (20.18%), Vitamin B2: 0.24mg (13.94%), Phosphorus: 138.53mg (13.85%), Magnesium: 51.87mg (12.97%), Vitamin B5: 1.26mg (12.6%), Vitamin B1: 0.19mg (12.5%), Calcium: 121.62mg (12.16%), Iron: 2.01mg (11.15%), Vitamin E: 1.53mg (10.22%), Copper: 0.2mg (9.97%), Vitamin B3: 1.4mg (7%), Selenium: 4.73µg (6.76%), Zinc: 0.91mg (6.09%)