

Sunshine Smoothie

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



98 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 1.5 cups apricots peeled chopped (4 small)
- ☐ 1 cup cantaloupe chopped
- ☐ 1 cup ice cubes
- ☐ 6 ounce yogurt low-fat
- ☐ 0.1 teaspoon lemon zest grated
- ☐ 0.5 cup mangos peeled chopped
- ☐ 0.3 cup apricot-mango nectar (such as Jumex)
- ☐ 0.7 cup nectarines peeled chopped (1 medium)

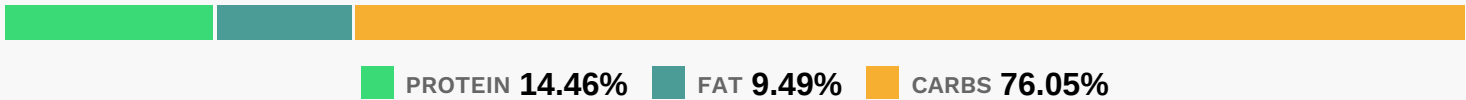
Equipment

- ☐ blender
- ☐ ziploc bags

Directions

- ☐ Place mango in a zip-top plastic bag; seal. Freeze 1 hour.
- ☐ Place chopped apricots and next 5 ingredients in a blender; process until smooth.
- ☐ Add frozen mango and ice; process until smooth.
- ☐ Pouring the measured fruit and yogurt into the blender with your guidance.
- ☐ Nutrition Note
- ☐ Just one serving offers about one-third of the day's vitamin C and vitamin A needs for both parents and toddlers.

Nutrition Facts



Properties

Glycemic Index:50.98, Glycemic Load:6.41, Inflammation Score:-9, Nutrition Score:8.7452173129372%

Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg Catechin: 3.2mg, Catechin: 3.2mg, Catechin: 3.2mg, Catechin: 3.2mg Epicatechin: 3.36mg, Epicatechin: 3.36mg, Epicatechin: 3.36mg, Epicatechin: 3.36mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 97.99kcal (4.9%), Fat: 1.11g (1.71%), Saturated Fat: 0.48g (3.02%), Carbohydrates: 20.06g (6.69%), Net Carbohydrates: 17.83g (6.48%), Sugar: 18.17g (20.19%), Cholesterol: 2.55mg (0.85%), Sodium: 49.4mg (2.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.81g (7.63%), Vitamin A: 2904.85IU (58.1%), Vitamin C: 21.18mg (25.67%), Potassium: 382.59mg (10.93%), Calcium: 96.25mg (9.62%), Phosphorus: 90.81mg (9.08%), Fiber: 2.22g (8.89%), Vitamin B2: 0.14mg (8.23%), Copper: 0.14mg (6.96%), Folate: 26.91µg (6.73%), Vitamin E: 0.91mg (6.09%), Magnesium: 23.52mg (5.88%), Vitamin B3: 1.09mg (5.46%), Vitamin B5: 0.53mg (5.29%), Vitamin B6: 0.1mg

(5.06%), Zinc: 0.75mg (4.99%), Vitamin B1: 0.07mg (4.68%), Manganese: 0.09mg (4.66%), Vitamin K: 4.55µg (4.33%), Vitamin B12: 0.24µg (3.97%), Selenium: 2.33µg (3.33%), Iron: 0.57mg (3.19%)