



Super-Duper Sunrise Shake



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



192 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 16 ounce apricot halves in syrup light drained canned
- ☐ 1 large banana ripe peeled
- ☐ 1.5 cups orange juice
- ☐ 0.5 cup raspberries unsweetened frozen
- ☐ 2 tablespoons wheat germ toasted

Equipment

- ☐ blender

Directions

☐ Combine all ingredients in a blender; process until smooth.

Nutrition Facts



Properties

Glycemic Index:58.15, Glycemic Load:17.61, Inflammation Score:-10, Nutrition Score:18.085652102595%

Flavonoids

Cyanidin: 9.15mg, Cyanidin: 9.15mg, Cyanidin: 9.15mg, Cyanidin: 9.15mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 8.58mg, Catechin: 8.58mg, Catechin: 8.58mg, Catechin: 8.58mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 7.88mg, Epicatechin: 7.88mg, Epicatechin: 7.88mg, Epicatechin: 7.88mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 14.82mg, Hesperetin: 14.82mg, Hesperetin: 14.82mg, Hesperetin: 14.82mg Naringenin: 2.65mg, Naringenin: 2.65mg, Naringenin: 2.65mg, Naringenin: 2.65mg Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg

Nutrients (% of daily need)

Calories: 192.32kcal (9.62%), Fat: 1.47g (2.27%), Saturated Fat: 0.19g (1.16%), Carbohydrates: 44.29g (14.76%), Net Carbohydrates: 38.06g (13.84%), Sugar: 30.8g (34.22%), Cholesterol: 0mg (0%), Sodium: 3.85mg (0.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.57g (9.14%), Vitamin C: 86.3mg (104.61%), Vitamin A: 3195.68IU (63.91%), Manganese: 0.88mg (43.89%), Fiber: 6.23g (24.94%), Potassium: 864.8mg (24.71%), Folate: 74.38µg (18.59%), Vitamin B6: 0.36mg (17.81%), Vitamin B1: 0.25mg (16.43%), Magnesium: 54.16mg (13.54%), Copper: 0.25mg (12.75%), Vitamin E: 1.61mg (10.76%), Vitamin B3: 2.07mg (10.37%), Phosphorus: 102.5mg (10.25%), Vitamin B2: 0.16mg (9.22%), Vitamin B5: 0.9mg (8.98%), Iron: 1.32mg (7.35%), Vitamin K: 6.9µg (6.57%), Zinc: 0.97mg (6.45%), Selenium: 3.67µg (5.25%), Calcium: 41.99mg (4.2%)