



Taste-of-the-Tropics Smoothies



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



2

CALORIES



148 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients



1 cup lite coconut milk light



7.6 oz mangos frozen yoplait®



0.1 teaspoon ground ginger

Equipment

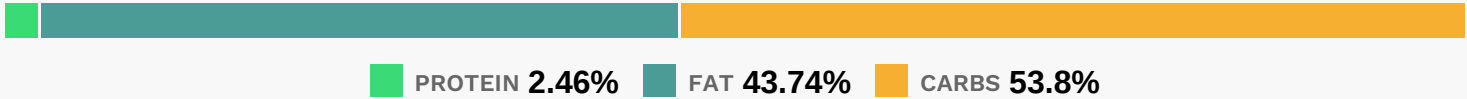


blender

Directions

- ☐ In blender, place coconut milk, contents of Yoplait® Frozen Smoothie bag and ginger. Cover; blend on high speed 1 minute to 1 minute 30 seconds, stopping blender to scrape down sides as necessary, until smooth.
- ☐ Pour into glasses.

Nutrition Facts



Properties

Glycemic Index:25.88, Glycemic Load:7.47, Inflammation Score:-7, Nutrition Score:6.1660868629165%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 1.85mg, Catechin: 1.85mg, Catechin: 1.85mg, Catechin: 1.85mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg

Nutrients (% of daily need)

Calories: 148.39kcal (7.42%), Fat: 7.07g (10.88%), Saturated Fat: 6.76g (42.26%), Carbohydrates: 19.58g (6.53%), Net Carbohydrates: 17.84g (6.49%), Sugar: 14.76g (16.4%), Cholesterol: 0mg (0%), Sodium: 84.44mg (3.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.89g (1.79%), Vitamin C: 39.21mg (47.53%), Vitamin A: 1165.66IU (23.31%), Folate: 46.34µg (11.58%), Fiber: 1.74g (6.97%), Vitamin E: 0.97mg (6.46%), Vitamin B6: 0.13mg (6.45%), Copper: 0.12mg (6.01%), Manganese: 0.11mg (5.47%), Potassium: 182.63mg (5.22%), Vitamin K: 4.53µg (4.31%), Vitamin B3: 0.73mg (3.66%), Magnesium: 11.04mg (2.76%), Vitamin B2: 0.04mg (2.42%), Vitamin B5: 0.21mg (2.13%), Vitamin B1: 0.03mg (2.01%), Phosphorus: 15.29mg (1.53%), Calcium: 11.99mg (1.2%), Iron: 0.2mg (1.1%), Selenium: 0.72µg (1.02%)