



Thai Mango-Pineapple-Coconut Juice



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



1

CALORIES



223 kcal

BEVERAGE

DRINK

Ingredients

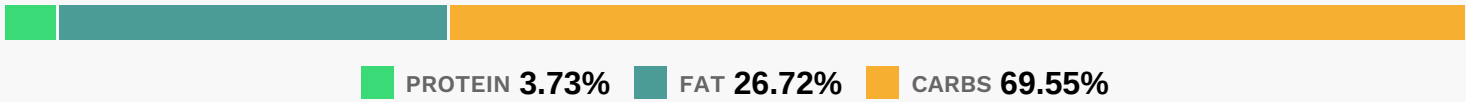
- ☐ 2 tablespoons coconut milk canned
- ☐ 1 teaspoon galangal fresh (1-inch) (see note above)
- ☐ 1 teaspoon ginger juice fresh (1-inch)
- ☐ 1 tablespoon juice of lime fresh
- ☐ 4 ounces mangos fresh cubed (8 ounces)
- ☐ 6 ounces pineapple juice fresh cubed (10 ounces)

Equipment

Directions

- ☐ Juice ginger, galangal, lime, mango, and pineapple in order listed.
- ☐ Mix all juices together in a glass with coconut milk. Stir well and serve.

Nutrition Facts



Properties

Glycemic Index:194.75, Glycemic Load:18.59, Inflammation Score:-8, Nutrition Score:13.394782698673%

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: 1.95mg, Catechin: 1.95mg, Catechin: 1.95mg, Catechin: 1.95mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg 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: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 222.94kcal (11.15%), Fat: 7.04g (10.84%), Saturated Fat: 5.79g (36.21%), Carbohydrates: 41.26g (13.75%), Net Carbohydrates: 39.04g (14.2%), Sugar: 32.76g (36.41%), Cholesterol: 0mg (0%), Sodium: 9.07mg (0.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.21g (4.42%), Vitamin C: 63.09mg (76.47%), Manganese: 1.16mg (58.09%), Vitamin A: 1242.97IU (24.86%), Folate: 85.08µg (21.27%), Vitamin B6: 0.32mg (15.96%), Copper: 0.31mg (15.71%), Potassium: 495.19mg (14.15%), Magnesium: 46.75mg (11.69%), Iron: 1.71mg (9.51%), Vitamin B1: 0.14mg (9.38%), Fiber: 2.21g (8.86%), Vitamin E: 1.09mg (7.25%), Vitamin B3: 1.31mg (6.55%), Phosphorus: 60.38mg (6.04%), Vitamin K: 5.36µg (5.11%), Vitamin B2: 0.08mg (4.77%), Calcium: 42.09mg (4.21%), Vitamin B5: 0.38mg (3.83%), Zinc: 0.47mg (3.13%), Selenium: 0.87µg (1.24%)