



Tofu Treat

 Vegetarian

READY IN



5 min.

SERVINGS



1

CALORIES



532 kcal

Ingredients

- 1 medium banana cut into chunks
- 0.5 cup crystal sunrise ruby grapefruit flavor drink mix light red prepared
- 0.5 cup orange juice
- 0.5 cup spicy tofu

Equipment

Directions

- Blend CRYSTAL LIGHT beverage, orange juice and tofu with banana until smooth.

Nutrition Facts

PROTEIN 16.22% FAT 19.87% CARBS 63.91%

Properties

Glycemic Index:121.78, Glycemic Load:19.91, Inflammation Score:-8, Nutrition Score:21.359565330588%

Flavonoids

Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg 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: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 532.48kcal (26.62%), Fat: 12.04g (18.53%), Saturated Fat: 3.76g (23.49%), Carbohydrates: 87.16g (29.05%), Net Carbohydrates: 82.79g (30.1%), Sugar: 54.95g (61.05%), Cholesterol: 15mg (5%), Sodium: 260.51mg (11.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.12g (44.24%), Vitamin C: 74.08mg (89.79%), Vitamin B2: 0.7mg (41.08%), Vitamin B6: 0.74mg (36.95%), Calcium: 360.79mg (36.08%), Potassium: 1144.19mg (32.69%), Vitamin B1: 0.46mg (30.92%), Phosphorus: 270.79mg (27.08%), Magnesium: 103.63mg (25.91%), Manganese: 0.48mg (24.2%), Vitamin B3: 4.56mg (22.8%), Folate: 89.55µg (22.39%), Fiber: 4.37g (17.48%), Selenium: 11.55µg (16.51%), Iron: 2.48mg (13.78%), Copper: 0.27mg (13.58%), Vitamin B5: 1.02mg (10.2%), Vitamin A: 463.52IU (9.27%), Vitamin B12: 0.5µg (8.33%), Zinc: 0.86mg (5.72%), Vitamin K: 4.09µg (3.89%), Vitamin E: 0.39mg (2.62%)