



Tropical Cooler Smoothie



Vegetarian



Gluten Free

READY IN



1 min.

SERVINGS



2

CALORIES



325 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 1 banana coarsely chopped
- ☐ 2 tablespoons honey
- ☐ 1 cup ice cubes crushed
- ☐ 1 cup orange juice
- ☐ 2 cups pineapple chunks drained
- ☐ 0.3 cup skim milk

Equipment

- ☐ blender

Directions

 In a blender combine orange juice, pineapple chunks, milk, honey and crushed ice. Blend until smooth.

Nutrition Facts



 **PROTEIN 4.38%**  **FAT 1.87%**  **CARBS 93.75%**

Properties

Glycemic Index:96.15, Glycemic Load:22.63, Inflammation Score:-7, Nutrition Score:14.250869647316%

Flavonoids

Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg 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: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 324.52kcal (16.23%), Fat: 0.73g (1.12%), Saturated Fat: 0.13g (0.81%), Carbohydrates: 81.96g (27.32%), Net Carbohydrates: 77.06g (28.02%), Sugar: 70.14g (77.93%), Cholesterol: 0.92mg (0.31%), Sodium: 23.51mg (1.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.83g (7.66%), Vitamin C: 89.48mg (108.46%), Vitamin B1: 0.39mg (25.89%), Vitamin B6: 0.47mg (23.32%), Potassium: 814.65mg (23.28%), Fiber: 4.9g (19.6%), Copper: 0.38mg (19.04%), Magnesium: 70.34mg (17.58%), Folate: 61.86µg (15.47%), Vitamin B2: 0.18mg (10.47%), Calcium: 99.68mg (9.97%), Manganese: 0.19mg (9.72%), Vitamin A: 466.53IU (9.33%), Phosphorus: 84.23mg (8.42%), Vitamin B3: 1.62mg (8.11%), Iron: 1.15mg (6.4%), Vitamin B5: 0.56mg (5.56%), Zinc: 0.58mg (3.89%), Selenium: 2.44µg (3.49%), Vitamin B12: 0.18µg (2.96%), Vitamin D: 0.34µg (2.25%), Vitamin K: 2.08µg (1.98%), Vitamin E: 0.16mg (1.04%)