



Tropical Pina Colada Shake

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



173 kcal

BEVERAGE

DRINK

Ingredients

- 1 medium size banana ripe peeled cut into 1-inch slices
- 1 teaspoon coconut extract
- 2 teaspoons juice of lemon
- 10 ounces mangos pitted peeled cut into 1/2-inch pieces
- 1 cup vanilla nonfat yogurt frozen
- 1.5 cups pineapple-orange juice chilled

Equipment

- bowl

baking sheet

blender

Directions

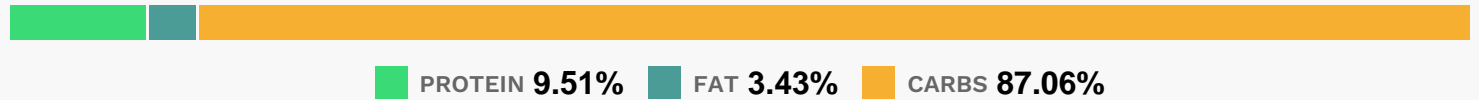
Toss banana slices with lemon juice in a small bowl.

Place slices on a baking sheet, reserving lemon juice; freeze until banana is solid.

Combine banana, reserved lemon juice, mango, and remaining ingredients in container of an electric blender; cover and process until smooth.

Pour into chilled glasses, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:39.63, Glycemic Load:13.11, Inflammation Score:-8, Nutrition Score:11.673478333846%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 3.02mg, Catechin: 3.02mg, Catechin: 3.02mg, Catechin: 3.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.28mg, Eriodictyol: 0.28mg, Eriodictyol: 0.28mg, Eriodictyol: 0.28mg Hesperetin: 11.48mg, Hesperetin: 11.48mg, Hesperetin: 11.48mg, Hesperetin: 11.48mg Naringenin: 2.02mg, Naringenin: 2.02mg, Naringenin: 2.02mg, Naringenin: 2.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 172.92kcal (8.65%), Fat: 0.68g (1.05%), Saturated Fat: 0.19g (1.22%), Carbohydrates: 38.99g (13%), Net Carbohydrates: 36.9g (13.42%), Sugar: 32.98g (36.64%), Cholesterol: 1.23mg (0.41%), Sodium: 37.59mg (1.63%), Alcohol: 0.42g (100%), Alcohol %: 0.21% (100%), Protein: 4.26g (8.52%), Vitamin C: 76.26mg (92.44%), Vitamin A: 979.23IU (19.58%), Folate: 70.29µg (17.57%), Potassium: 533.9mg (15.25%), Vitamin B6: 0.26mg (12.79%), Calcium: 112.89mg (11.29%), Vitamin B2: 0.19mg (11.07%), Phosphorus: 105.38mg (10.54%), Vitamin B1: 0.14mg (9.2%), Magnesium: 34.77mg (8.69%), Fiber: 2.09g (8.38%), Manganese: 0.16mg (8.09%), Copper: 0.15mg (7.53%), Selenium: 4.49µg (6.42%), Vitamin B3: 1.11mg (5.56%), Vitamin E: 0.75mg (4.97%), Vitamin B12: 0.29µg (4.8%),

Vitamin B5: 0.42mg (4.19%), Zinc: 0.61mg (4.07%), Vitamin K: 3.89µg (3.71%), Iron: 0.42mg (2.35%)