



Tropical Shake

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



154 kcal

BEVERAGE

DRINK

Ingredients

- 1 medium size banana ripe cut into 1-inch slices
- 2 teaspoons juice of lemon
- 1 medium mangos peeled cut into pieces
- 8 ounce nonfat vanilla yogurt
- 1.5 cups pineapple-orange juice chilled

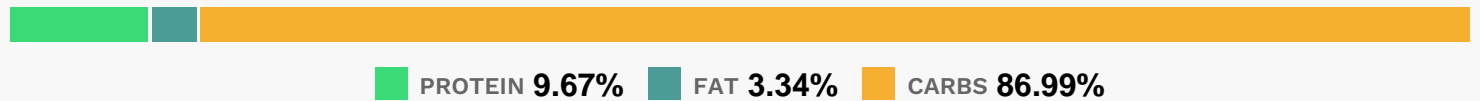
Equipment

- baking sheet
- blender

Directions

- Toss banana with lemon juice; drain, reserving lemon juice.
- Place banana slices on a baking sheet, and freeze 1 hour and 30 minutes.
- Process frozen banana slices, reserved lemon juice, mango, 1 1/2 cups pineapple–orange juice, and yogurt in a blender until smooth, stopping to scrape down sides.
- Pour into chilled glasses; serve immediately.

Nutrition Facts



Properties

Glycemic Index:39.63, Glycemic Load:11.79, Inflammation Score:-7, Nutrition Score:10.418695615686%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg 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: 2.69mg, Catechin: 2.69mg, Catechin: 2.69mg, Catechin: 2.69mg 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: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 153.57kcal (7.68%), Fat: 0.6g (0.92%), Saturated Fat: 0.17g (1.07%), Carbohydrates: 35.11g (11.7%), Net Carbohydrates: 33.32g (12.12%), Sugar: 29.34g (32.6%), Cholesterol: 1.13mg (0.38%), Sodium: 34.65mg (1.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.9g (7.8%), Vitamin C: 69.27mg (83.96%), Vitamin A: 771.77IU (15.44%), Folate: 61.66µg (15.41%), Potassium: 491.12mg (14.03%), Vitamin B6: 0.23mg (11.54%), Calcium: 103.73mg (10.37%), Vitamin B2: 0.17mg (10.09%), Phosphorus: 97.22mg (9.72%), Vitamin B1: 0.13mg (8.71%), Magnesium: 32.02mg (8.01%), Manganese: 0.15mg (7.27%), Fiber: 1.79g (7.15%), Copper: 0.13mg (6.4%), Selenium: 4.1µg (5.86%), Vitamin B3: 0.97mg (4.87%), Vitamin B12: 0.27µg (4.44%), Vitamin B5: 0.38mg (3.8%), Vitamin E: 0.57mg (3.8%), Zinc: 0.56mg (3.72%), Vitamin K: 3.04µg (2.89%), Iron: 0.39mg (2.15%)