



# Tropical Shake

 **Gluten Free**  **Dairy Free**

READY IN



10 min.

SERVINGS



2

CALORIES



248 kcal

BEVERAGE

DRINK

## Ingredients

- 2 cups orange juice
- 2 scoops whipped cream

## Equipment

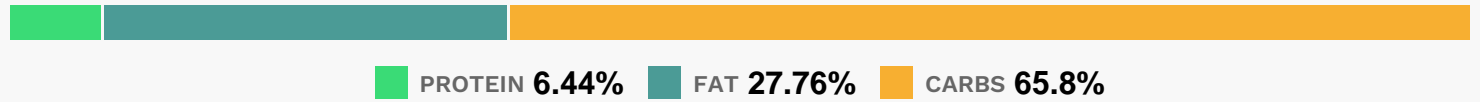
- blender

## Directions

- In a blender, combine pineapple-orange-banana juice and ice cream. Blend until smooth.

Pour into glasses and serve.

## Nutrition Facts



## Properties

Glycemic Index:56.5, Glycemic Load:22.37, Inflammation Score:-8, Nutrition Score:11.465217384307%

## Flavonoids

Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg Hesperetin: 29.64mg, Hesperetin: 29.64mg, Hesperetin: 29.64mg, Hesperetin: 29.64mg Naringenin: 5.31mg, Naringenin: 5.31mg, Naringenin: 5.31mg, Naringenin: 5.31mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

## Nutrients (% of daily need)

Calories: 248.22kcal (12.41%), Fat: 7.76g (11.93%), Saturated Fat: 4.54g (28.38%), Carbohydrates: 41.37g (13.79%), Net Carbohydrates: 40.41g (14.69%), Sugar: 34.82g (38.69%), Cholesterol: 29.04mg (9.68%), Sodium: 55.28mg (2.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.05g (8.09%), Vitamin C: 124.4mg (150.78%), Folate: 77.7µg (19.43%), Potassium: 627.34mg (17.92%), Vitamin B1: 0.25mg (16.68%), Vitamin A: 773.86IU (15.48%), Vitamin B2: 0.23mg (13.69%), Calcium: 111.76mg (11.18%), Phosphorus: 111.46mg (11.15%), Magnesium: 36.52mg (9.13%), Vitamin B5: 0.85mg (8.55%), Vitamin B6: 0.13mg (6.54%), Copper: 0.12mg (6.21%), Vitamin B3: 1.07mg (5.34%), Vitamin B12: 0.26µg (4.29%), Zinc: 0.58mg (3.86%), Fiber: 0.96g (3.83%), Iron: 0.56mg (3.09%), Selenium: 1.44µg (2.05%), Manganese: 0.04mg (2%), Vitamin E: 0.3mg (1.98%)