



Tropical Tofu Smoothie



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



184 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 0.5 cup vanilla yogurt frozen low-fat
- ☐ 0.3 cup orange juice
- ☐ 1 cup pineapple chilled cubed
- ☐ 1 cup strawberries chilled sliced
- ☐ 1 teaspoon sugar
- ☐ 3 ounces spicy tofu soft drained

Equipment

- ☐ blender

Directions

- ☐
- Place tofu in a blender; process until smooth.
- ☐
- Add pineapple and next 4 ingredients (pineapple through sugar); process until smooth.
- ☐
- Serve immediately.
- ☐
- Sprinkle with nutmeg, if desired.

Nutrition Facts



Properties

Glycemic Index:117.88, Glycemic Load:10.98, Inflammation Score:-6, Nutrition Score:12.200434761851%

Flavonoids

Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg Naringenin: 1.07mg, Naringenin: 1.07mg, Naringenin: 1.07mg, Naringenin: 1.07mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 183.55kcal (9.18%), Fat: 4.29g (6.6%), Saturated Fat: 1.47g (9.2%), Carbohydrates: 32.32g (10.77%), Net Carbohydrates: 29.3g (10.65%), Sugar: 25.88g (28.76%), Cholesterol: 0.72mg (0.24%), Sodium: 35mg (1.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.44g (12.88%), Vitamin C: 102.73mg (124.52%), Manganese: 1.05mg (52.64%), Calcium: 131.45mg (13.14%), Fiber: 3.02g (12.07%), Folate: 46.69µg (11.67%), Potassium: 358.75mg (10.25%), Vitamin B1: 0.13mg (8.86%), Vitamin B6: 0.17mg (8.58%), Vitamin B2: 0.14mg (7.98%), Copper: 0.16mg (7.9%), Phosphorus: 77.35mg (7.73%), Magnesium: 28.85mg (7.21%), Iron: 1.24mg (6.87%), Vitamin B5: 0.58mg

(5.76%), Vitamin B3: 0.96mg (4.8%), Vitamin A: 215.48IU (4.31%), Zinc: 0.37mg (2.48%), Selenium: 1.61µg (2.3%),
Vitamin K: 2.31µg (2.2%), Vitamin E: 0.28mg (1.88%), Vitamin B12: 0.1µg (1.74%)