



Tropical Treat

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



3

CALORIES



196 kcal

Ingredients

- 1 medium banana sliced
- 11 oz mandarin orange segments drained canned
- 1 cup knudsen milkfat cottage cheese 2% low fat
- 2 Tbsp baker's angel flake coconut
- 8 oz pineapple chunks drained canned

Equipment

- bowl

Directions

Toss all ingredients in medium bowl.

Nutrition Facts



Properties

Glycemic Index:18.26, Glycemic Load:4.35, Inflammation Score:-8, Nutrition Score:11.010000000829%

Flavonoids

Catechin: 2.4mg, Catechin: 2.4mg, Catechin: 2.4mg, Catechin: 2.4mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 196.11kcal (9.81%), Fat: 3.17g (4.88%), Saturated Fat: 2.45g (15.3%), Carbohydrates: 33.35g (11.12%), Net Carbohydrates: 29.55g (10.75%), Sugar: 26.45g (29.39%), Cholesterol: 3.01mg (1%), Sodium: 313.43mg (13.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.16g (22.31%), Vitamin C: 45.82mg (55.54%), Vitamin A: 1457.66IU (29.15%), Vitamin B6: 0.31mg (15.35%), Fiber: 3.8g (15.18%), Phosphorus: 133.19mg (13.32%), Vitamin B1: 0.2mg (13.24%), Potassium: 458.81mg (13.11%), Selenium: 8.51µg (12.15%), Vitamin B2: 0.2mg (12.03%), Copper: 0.2mg (10.09%), Magnesium: 40.16mg (10.04%), Manganese: 0.2mg (10%), Vitamin B12: 0.47µg (7.91%), Calcium: 73.36mg (7.34%), Zinc: 1.04mg (6.93%), Folate: 26.18µg (6.55%), Vitamin B3: 1.06mg (5.28%), Iron: 0.81mg (4.5%), Vitamin B5: 0.32mg (3.2%), Vitamin E: 0.23mg (1.55%)