



## Yoplait® Bubble Tea



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



1

CALORIES



298 kcal

BEVERAGE

DRINK

### Ingredients

- ☐ 0.3 cup .3 oz. of pearl tapioca
- ☐ 1 serving p of sugar for on tapioca package
- ☐ 6 oz yogurt light yoplait® (Original or )
- ☐ 0.5 cup fruit cocktail in juice
- ☐ 1 cup ice crushed
- ☐ 0.5 cup tea green cooled room temperature brewed

### Equipment

- ☐ blender

- ☐ slotted spoon
- ☐ drinking straws

## Directions

- ☐ Cook tapioca pearls as directed on package.
- ☐ In blender, place Tea
- ☐ Mixture ingredients. Cover; blend on high speed until smooth.
- ☐ Using slotted spoon, place tapioca pearls in tall glass. Top with tea mixture.
- ☐ Serve with extra-wide straw so tapioca pearls can be sipped through.

## Nutrition Facts



## Properties

Glycemic Index:137.42, Glycemic Load:33.02, Inflammation Score:-8, Nutrition Score:7.1226087264393%

## Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 3.33mg, Catechin: 3.33mg, Catechin: 3.33mg, Catechin: 3.33mg Epigallocatechin: 9.5mg, Epigallocatechin: 9.5mg, Epigallocatechin: 9.5mg, Epigallocatechin: 9.5mg Epicatechin: 8.35mg, Epicatechin: 8.35mg, Epicatechin: 8.35mg, Epicatechin: 8.35mg Epicatechin 3-gallate: 6.91mg, Epicatechin 3-gallate: 6.91mg, Epicatechin 3-gallate: 6.91mg, Epicatechin 3-gallate: 6.91mg Epigallocatechin 3-gallate: 11.04mg, Epigallocatechin 3-gallate: 11.04mg, Epigallocatechin 3-gallate: 11.04mg, Epigallocatechin 3-gallate: 11.04mg Theaflavin: 1.86mg, Theaflavin: 1.86mg, Theaflavin: 1.86mg, Theaflavin: 1.86mg Thearubigins: 95.93mg, Thearubigins: 95.93mg, Thearubigins: 95.93mg, Thearubigins: 95.93mg Kaempferol: 1.66mg, Kaempferol: 1.66mg, Kaempferol: 1.66mg, Kaempferol: 1.66mg Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg Quercetin: 3.3mg, Quercetin: 3.3mg, Quercetin: 3.3mg, Quercetin: 3.3mg Theaflavin-3,3'-digallate: 2.07mg, Theaflavin-3,3'-digallate: 2.07mg, Theaflavin-3,3'-digallate: 2.07mg, Theaflavin-3,3'-digallate: 2.07mg Theaflavin-3'-gallate: 1.78mg, Theaflavin-3'-gallate: 1.78mg, Theaflavin-3'-gallate: 1.78mg, Theaflavin-3'-gallate: 1.78mg Gallocatechin: 1.48mg, Gallocatechin: 1.48mg, Gallocatechin: 1.48mg, Gallocatechin: 1.48mg

## Nutrients (% of daily need)

Calories: 298.02kcal (14.9%), Fat: 5.7g (8.76%), Saturated Fat: 3.6g (22.48%), Carbohydrates: 56.99g (19%), Net Carbohydrates: 56.4g (20.51%), Sugar: 21.13g (23.48%), Cholesterol: 22.11mg (7.37%), Sodium: 98.95mg (4.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 23.6mg (7.87%), Protein: 6.1g (12.2%), Calcium: 230.44mg (23.04%), Manganese: 0.4mg (19.94%), Phosphorus: 174.11mg (17.41%), Vitamin B2: 0.28mg (16.42%), Potassium:

436.73mg (12.48%), Vitamin B12: 0.63µg (10.49%), Magnesium: 32.9mg (8.22%), Vitamin B5: 0.79mg (7.87%), Zinc: 1.12mg (7.47%), Selenium: 4.17µg (5.96%), Vitamin B1: 0.08mg (5.13%), Folate: 19.33µg (4.83%), Iron: 0.86mg (4.77%), Copper: 0.09mg (4.37%), Vitamin B6: 0.08mg (3.99%), Vitamin A: 169.64IU (3.39%), Vitamin C: 1.97mg (2.38%), Fiber: 0.59g (2.36%), Vitamin D: 0.17µg (1.13%), Vitamin B3: 0.22mg (1.09%)