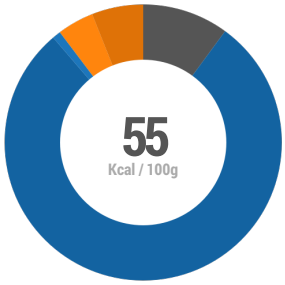
Tropical Revive Smoothie

By Shane Loughlin from Culinary Nutrition Consulting

Overview ... U / 3974111



CALORIES:

79.7% Carbs

10.1% Protein

10.3% Fat

Food Labelling...

EU Label values per 100g

Serves 1

	PER 100G	%RI	PER 671G SERVING	%RI
Energy(Kj)	235 kJ	3%	1580 kJ	19%
Energy(Kcal)	56 kcal	3%	373 kcal	19%
Fat	0.6 g	1%	4.2 g	6%
of which saturates	0.4 g	2%	2.5 g	13%
Carbohydrate	11 g	4%	74 g	28%
of which sugars	11 g	12%	72 g	80%
Fibre	0.5 g	2%	1.5 g	6%
Protein	1.4 g	3%	9.1 g	18%
Salt	0.04 g	1%	0.26 g	4%

CONTAINS:

MILK

Nutrient Breakdown per 100g...

Energy

Energy(Kcal) 3% RI	55kcal
Energy(Kj) 3% RI	234kJ

Macronutrients

Carbohydrate 4% RI	11g
Protein 3% RI	1.4g
Fat 1% RI	0.63g
Water	86g
Water from Drinks	0g
Alcohol (0% ABV)	0g

Carbohydrate

Starch	0.17g
Oligosaccharide	0g
Fibre 1% RI	0.23g
NSP	0.58g
Sugars 12% RI	10.8g
Glucose	1.3g
Galactose	0.58g
Fructose	1.4g
Sucrose	1.3g
Maltose	0g
Lactose	0.83g

Lipid Components

Saturated Fat 2% RI	0.37g
Monounsaturated fat 1% RI	0.16g
cis-Mono	-
Polyunsaturated fat 0% RI	0.03g
Omega3(n-3) 0% RI	0.01g
Omega6(n-6) 0% RI	0.01g
cis-Poly	-
Trans-fatty acids	0.02g
Cholesterol	2mg

Minerals & trace elements

Sodium 1% RI	15.7mg
Potassium 6% RI	129mg
Chloride 6% RI	44mg
Calcium 5% RI	42mg
Phosphorus 5% RI	38mg
Magnesium 2% RI	8.9mg
Iron 1% RI	0.16mg
Zinc 2% RI	0.18mg
Copper 4% RI	0.04mg
Manganese 4% RI	0.08mg
Selenium 1% RI	0.37ug
Iodine 8% RI	12.1ug

Vitamins

Vitamin A (ret eq) 3% RI	20.9ug
Retinol	5.2ug
Carotene	93ug
Vitamin D	0ug
Vitamin E 1% RI	0.15mg
Vitamin K_1 0% RI	0.05ug
Thiamin (B_1) 3% RI	0.03mg
Riboflavin (B_2) 4% RI	0.06mg
Niacin total (B_3) 3% RI	0.54mg
Niacin 1% RI	0.16mg
Tryptophan	21.3mg
Pantothenic Acid (B_5) 3% RI	0.16mg
Vitamin B_6 5% RI	0.07mg
Folates (B_9) Total 2% RI	4.7ug
Vitamin B_{12} 1% RI	0.04ug
Biotin (B_7) 1% RI	0.69ug
Vitamin C 13% RI	10.4mg

Other

GI (estimated)	19.8
GL	2.2

Caffeine -

Recipe Ingredients ...	Quantity:	Description:
Tropical Fruit Salad Mix	166g	2.2 snack size can/cup/box
Bananas, flesh only	50g	0.5x Medium
Yogurt, whole milk, plain	125g	1 average pot
Just Juice 100% Pure Apple Juice from Concentrate 1L	330ml	2.2x per 150ml serving

Ingredient List (QUID) ...

Just Juice 100% Pure Apple Juice from Concentrate 1L (49.2%) [Apple Juice from Concentrate], Tropical Fruit Salad Mix (24.7%), Yogurt (18.6%) (**Milk**), Bananas (7.5%)

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