

Pineapple-Papaya Slushies

Publix Aprons Simple Meals

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Servings: 4

1 small papaya, seeded and coarsely chopped

1 cup chopped pineapple

1 cup small ice cubes OR crushed ice

1/2 cup pineapple-orange-banana juice OR orange juice

3/4 cup lime-flavored sparkling water

In a blender, combine the papaya, pineapple, ice and juice.

Cover and blend until smooth.

Fill the glasses 3/4 full. Top each with sparkling water and stir.

Serve immediately.

Start to Finish Time: 15 minutes

Per Serving (excluding unknown items): 30 Calories; trace Fat (2.9% calories from fat); trace Protein; 7g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 2mg Sodium. Exchanges: 1/2 Fruit.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	30
% Calories from Fat:	2.9%
% Calories from Carbohydrates:	91.4%
% Calories from Protein:	5.7%
Total Fat (g):	trace
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	7g
Dietary Fiber (g):	1g
Protein (g):	trace
Sodium (mg):	2mg

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	29mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0

Potassium (mg): 195mg
Calcium (mg): 18mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 47mg
Vitamin A (i.u.): 216IU
Vitamin A (r.e.): 21 1/2RE

Fruit: 1/2
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 30 Calories from Fat: 1

% Daily Values*

Total Fat	trace	0%
	Saturated Fat trace	0%
Cholesterol	0mg	0%
Sodium	2mg	0%
Total Carbohydrates	7g	2%
	Dietary Fiber 1g	5%
Protein	trace	

Vitamin A	4%
Vitamin C	78%
Calcium	2%
Iron	0%

* Percent Daily Values are based on a 2000 calorie diet.