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Strawberry TropiChiller ••

The Strawberry TropiChiller is a refreshing and tropical drink that combines the sweetness of strawberries with the tanginess of tropical fruits. It is perfect for hot summer days and can be enjoyed by everyone.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 500 grams

Number of Servings: 2

Serving Size: 250 g

Ingredients

250 g	Strawberries
100 g	Pineapple
100 g	Mango
200 ml	coconut milk
100 g	ice cubes

30 g Honey

Directions

Step 1

Cutting

Wash the strawberries, pineapple, and mango. Remove the stems from the strawberries and cut the pineapple and mango into small pieces.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Blending

In a blender, add the strawberries, pineapple, mango, coconut milk, ice cubes, and honey. Blend until smooth.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Serving

Pour the mixture into glasses and serve chilled.

Prep Time: 3 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 10 g

Protein: 2 g

Carbohydrates: 25 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	2 g	11.76%	11.76%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%
Fibers	4 g	10.53%	16%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sugars	20 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	10 g	35.71%	40%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	50 mg	55.56%	66.67%
Vitamin B6	2 mg	153.85%	153.85%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	20 mg	0.87%	0.87%
Calcium	2 mg	0.2%	0.2%
Iron	6 mg	75%	33.33%
Potassium	300 mg	8.82%	11.54%
Zinc	2 mg	18.18%	25%
Selenium	0 mcg	0%	0%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas Thanksgiving Birthday Barbecue Game Day

Cuisines

Indian French Thai Mediterranean Vietnamese American

Course

Drinks Breads Salads Snacks Sauces & Dressings

Cultural

Cinco de Mayo Diwali

Meal Type

Snack Supper

Difficulty Level

Easy

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