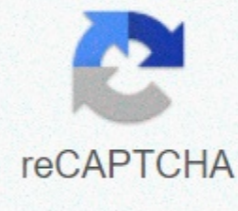




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How much sugar is in starbucks dragonfruit refresher

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Courtesy of Starbucks Starbucks has announced that their bright pink Dragon Drink will be a permanent addition to their menu.The Dragon Drink ingredients include dragon fruit, various fruit juices and flavors, as well as coconut milk.Dietitians explain if the Dragon Drink’s overall nutrition is healthy and the best way to enjoy it.Starbucks has been owning the Instagram-worthy drink market lately, and they’re now rolling out a new beverage that’s sure to show up in your feed all summer. It’s called the Dragon Drink—and it’s bright pink.This isn’t another Unicorn Frappuccino, though: The Dragon Drink is a permanent addition to the Starbucks menu. People are raving about it online and noting that it’s already sold out in a lot of locations—but what, exactly, is in the shockingly pink drink? Here, dietitians take a closer look at its nutrition profile.What’s in the Starbucks Dragon Drink? This content is imported from Instagram. You may be able to find the same content in another format, or you may be able to find more information, at their web site. The Dragon Drink is packed with dragon fruit, hence it’s cool name. The ingredients include fruit juice with mango and dragon fruit flavors, as well as a scoop of actual dragon fruit, Starbucks says on its website. The drink is also shaken with coconut milk and ice, and it contains caffeine and coconut. Dragon Drink nutritionStarbucks has also released nutrition information for their new drink. Here’s what you can expect if you order a venti iced:190 calories4.5 grams fat (4 g sat fat)37 grams carbs (1 g fiber)33 grams sugar1 gram protein70 to 85 mg caffeineIs the Dragon Drink healthy?You’re probably already aware that most pink drinks Starbucks serves up aren’t exactly health foods, and the same is true here. “It’s a ton of sugar and not much in the way of protein to buffer that sugar,” says New York-based registered dietitian Jessica Cording. “It’s excess calories that aren’t giving you a lot of nutritional value.” The problem with all that sugar and not much protein is that it can cause your blood sugar to spike and then crash, leaving you feeling wiped out and hungry again not long after you drink it, Cording explains. Gina Keatley, a CDN practicing in New York City, actually had a friend try the drink and says it doesn’t taste overly sweet, despite being a sugar bomb. “This is another specialty drink from Starbucks that is very tasty but should be seen as a treat and not a go-to daily drink,” she says. That’s especially true if you like to have your Starbucks drinks with a pastry, which can really load up the calories and sugar. Starbucks actually offers the Dragon Drink in a trenta size (which is the size larger than venti), and that’s a whopping 270 calories per drink. “That’s almost like a mini meal,” Cording says. “For that same calorie amount, you could have actual sliced dragon fruit with some kind of protein, like yogurt or eggs.” What’s the healthiest way to enjoy the Dragon Drink?If you want to have this as a special treat, that’s fine, Keatley says. She just recommends asking Starbucks to half how much dragon fruit they put in there (which is where a lot of the sugar comes from) and ordering a tall size (100 calories and 18 grams of sugar). If you want to reduce how many calories are in the drink, you can also swap out the coconut milk for skim milk, she says. If you want the full-on experience, Cording suggests sharing your Dragon Drink with a friend so you can each have a few sips. “That way, everyone gets a taste to see what the fuss is about,” she says. And if you’re really concerned about sugar? Stick to these healthy Starbucks orders instead.Stay updated on the latest science-backed health, fitness, and nutrition news by signing up for the Prevention.com newsletter here. For added fun, follow us on Instagram. This content is created and maintained by a third party, and imported onto this page to help users provide their email addresses. You may be able to find more information about this and similar content at piano.io This post may contain affiliate links. Please read my disclosure policy. Jump to Recipe - Print Recipe This Mango Dragonfruit Refresher brings your favorite Starbucks drink home! It tastes just like the real thing with an amazing sweet fruity flavor at the fraction of the price. It’s a perfectly refreshing mango and dragon fruit drink made with 5 ingredients. You can easily customize it with lemonade or coconut milk! Featured on 15 Best Starbucks Refreshers I’ve been obsessed with Starbucks mango dragon fruit drink but I was never really sure what’s in it. I wanted to create a version at home, made from scratch, and I could customize the sweetness. It still has the same incredible flavor! This recipe is a real deal, as it tastes amazing with vivid magenta color! It comes 3 ways: regular refresher which is made with water; Mango Dragonfruit Lemonade Refresher, which is made with lemonade; and Dragon Drink, which is made with coconut milk. Ingredients You’ll Need Dragonfruit Powder: I recommend using freeze-dried red dragon fruit powder which you can order from amazon. This ingredient will give your drink a beautiful and vivid pink color. Substitute: You can also use frozen dragon fruit pitaya packs (under the Pitaya Plus brand) at health food stores or Whole Foods next to acai packets. If you can find red-fleshed fresh dragon fruit, you can definitely use it too. Note that these subs will give your drink a nice pink color but not as clear. Mango Juice: You can use bottled mango juice or freshly squeezed mango juice. Make sure to remove the pulp before adding it to the drink. Substitute: You can use mango puree, but your drink won’t have a clear look. Green Tea: I used green tea to keep it simple. It adds caffeine to the drink. Water: Regular mango dragon fruit refresher recipe calls for water and it’s a healthier option. Substitute: You can add other juice such as white grape juice or lemonade if you want your drink to have a more fruity flavor. Alternatively, you can use coconut milk to make it creamy with a softer pink color. Simple syrup: I used simple syrup for easy mixing. You can adjust the amount to your desired level of sweetness. Substitute: Use sugar or honey. Alternatively use stevia for a healthy drink. How to Make Mango Dragon Fruit Drink at Home 1. Prepare the green tea and let it chill in the refrigerator. 2. Whisk together dragonfruit powder and a half cup of water until it’s completely dissolved. 3. Add the rest of the water and mango juice to a pitcher. 4. Add chilled green tea and dragonfruit blend. Mix to combine. 5. Add simple syrup (or sugar/honey) to your desired sweetness. Mix well. 6. Fill a glass halfway with ice and pour the mixture into the glass. Serve and enjoy this beautiful and delicious mango dragonfruit drink immediately. Tips & Tricks Make sure to chill your green tea until it’s very cold before making the drink.You can customize the sweetness of your drink. Taste and adjust the amount for the perfect subtle touch.Sub lemon juice for water and turn it into mango dragonfruit lemonade.If you don’t like the tiny black and white particles from the pitaya powder, strain the mixture through cheesecloth or a coffee filter for a clear look. Mango Dragonfruit Refresher with Coconut Milk: Dragon Drink You can order this beverage with coconut milk at Starbucks. It’s called ‘dragon drink’ when the coconut milk is mixed in. You can substitute soy milk or almond milk, but I would give coconut milk a try first because it’s pretty amazing! To make a dragon drink with coconut milk, simply replace water with coconut milk beverage that you can buy in a carton. Frequently Asked Questions Is This Refresher Healthy? This drink is one of the healthiest options at Starbucks compared to most other iced drinks they sell. It has a vibrant bright pink color but doesn’t contain any artificial colors. You can make it even healthier at home by using high-quality ingredients and lower the sugar level. How Many Calories Does it Have? According to Starbucks, a grande (16-oz) Mango Dragonfruit Refresher has 90 calories, a tall cup has 70 calories, and venti has 130 calories. Does a Mango Dragonfruit Drink Have Caffeine? Yes, this drink is lightly caffeinated. But if you make it at home, you can skip green tea and make this drink completely caffeine-free. How Much is a Mango Dragon Fruit Refresher at Starbucks? A Tall of the regular mango dragon fruit refresher is \$3.75; Grande is \$4.25; Venti is \$4.75 and \$Trenta is \$5.25. The lemonade version and dragon drink version are more expensive. So it’s much cheaper to make it at home if you drink it very often. More Starbucks Copycat Drinks You’ll Love: Strawberry Acai RefresherVery Berry Hibiscus Refresher Iced Golden Ginger DrinkPineapple Matcha Drink If you are looking for a beautiful and refreshing treat with a touch of sweetness, you will love this Starbucks Mango Dragonfruit Refresher. If you’ve tried this recipe then don’t forget to rate the recipe and let me know. I love hearing from you! Editor note: Originally published April 23, 2020 and updated July 31, 2020.

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