



5:2 Diet - Pink Mango Smoothie = 115 calories



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



6

CALORIES



305 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 1 large banana
- ☐ 400 ml peach juice pure
- ☐ 1 tsp baobab powder
- ☐ 12 large mango chunks frozen
- ☐ 12 large strawberries
- ☐ 200 ml water

Equipment

- ☐ food processor

Directions

- ☐ Whizz all the ingredients in a vitamix or food processor until smooth. You may add ice too.
- ☐ For a creamy smoothie, you could add some coconut milk, soya milk or semi-skimmed milk instead of water.
- ☐ Enjoy!

Nutrition Facts



Properties

Glycemic Index:46.46, Glycemic Load:34.16, Inflammation Score:-10, Nutrition Score:23.380869367848%

Flavonoids

Cyanidin: 2.15mg, Cyanidin: 2.15mg, Cyanidin: 2.15mg, Cyanidin: 2.15mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 13.5mg, Pelargonidin: 13.5mg, Pelargonidin: 13.5mg, Pelargonidin: 13.5mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 12.32mg, Catechin: 12.32mg, Catechin: 12.32mg, Catechin: 12.32mg Epigallocatechin: 0.87mg, Epigallocatechin: 0.87mg, Epigallocatechin: 0.87mg, Epigallocatechin: 0.87mg Epicatechin: 1.25mg, Epicatechin: 1.25mg, Epicatechin: 1.25mg, Epicatechin: 1.25mg Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 304.52kcal (15.23%), Fat: 1.93g (2.96%), Saturated Fat: 0.42g (2.64%), Carbohydrates: 76.03g (25.34%), Net Carbohydrates: 67.08g (24.39%), Sugar: 65.76g (73.07%), Cholesterol: 0mg (0%), Sodium: 100.55mg (4.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.4g (8.8%), Vitamin C: 186.2mg (225.7%), Vitamin A: 4641.93IU (92.84%), Folate: 198.12µg (49.53%), Fiber: 8.95g (35.78%), Vitamin B6: 0.61mg (30.6%), Vitamin E: 4.22mg (28.15%), Manganese: 0.56mg (27.85%), Copper: 0.54mg (27.12%), Potassium: 912.39mg (26.07%), Vitamin K: 19.99µg (19.04%), Vitamin B3: 3.48mg (17.39%), Magnesium: 58.57mg (14.64%), Vitamin B2: 0.2mg (11.72%), Calcium: 107.02mg (10.7%), Phosphorus: 103.71mg (10.37%), Vitamin B5: 1.03mg (10.25%), Vitamin B1: 0.15mg

(9.75%), Iron: 1.18mg (6.57%), Selenium: 3.84µg (5.49%), Zinc: 0.59mg (3.9%)