



## 5:2 Diet - Plum & Apple Smoothie with Fizz (68 calories)



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



8 min.

SERVINGS



4

CALORIES



110 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

### Ingredients

- ☐ 1 medium carrots
- ☐ 0.5 pint grape shloer white (or or fizz)
- ☐ 2 plums yellow or any other plum)
- ☐ 2 apples red

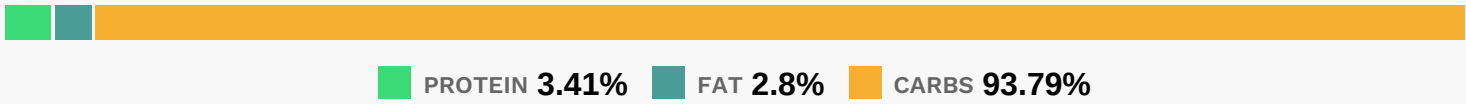
### Equipment

- ☐ blender

# Directions

- ☐ Wash your apples, core them and cut into quarters.
- ☐ Wash your plums, half, remove the stone and cut into quarters.
- ☐ Peel your carrot and cut into slices. (grate, juice or steam and mash, if your blender isn't very powerful)
- ☐ Put your apples, plums and carrot into the blender with most of the shloer and whizz until you have a smooth mixture.
- ☐ Pour your smoothie into 4 glasses and top up with the rest of the fizz.
- ☐ Enjoy!

## Nutrition Facts



## Properties

Glycemic Index:40.88, Glycemic Load:9.76, Inflammation Score:-9, Nutrition Score:6.6704348785722%

## Flavonoids

Cyanidin: 3.29mg, Cyanidin: 3.29mg, Cyanidin: 3.29mg, Cyanidin: 3.29mg Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 7.91mg, Epicatechin: 7.91mg, Epicatechin: 7.91mg, Epicatechin: 7.91mg Epicatechin 3-gallate: 0.26mg, Epicatechin 3-gallate: 0.26mg, Epicatechin 3-gallate: 0.26mg, Epicatechin 3-gallate: 0.26mg Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.98mg, Quercetin: 3.98mg, Quercetin: 3.98mg, Quercetin: 3.98mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

## Nutrients (% of daily need)

Calories: 109.56kcal (5.48%), Fat: 0.38g (0.58%), Saturated Fat: 0.07g (0.42%), Carbohydrates: 28.49g (9.5%), Net Carbohydrates: 24.88g (9.05%), Sugar: 22.63g (25.14%), Cholesterol: 0mg (0%), Sodium: 12.62mg (0.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.04g (2.07%), Vitamin A: 2749.69IU (54.99%), Fiber: 3.61g (14.42%), Vitamin K: 14.76µg (14.06%), Vitamin C: 10.11mg (12.26%), Potassium: 310.95mg (8.88%), Copper: 0.13mg (6.27%), Vitamin B6: 0.12mg (5.94%), Manganese: 0.11mg (5.64%), Vitamin B1: 0.08mg (5.04%), Vitamin B2: 0.08mg (4.85%), Phosphorus: 32.46mg (3.25%), Magnesium: 12.83mg (3.21%), Vitamin E: 0.46mg (3.08%), Vitamin B3: 0.48mg

(2.41%), Iron: 0.42mg (2.36%), Folate: 8.46µg (2.12%), Calcium: 18.39mg (1.84%), Vitamin B5: 0.17mg (1.71%)