



WHATSheATE



5:2 Diet - Swamp Juice = 115 calories



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



131 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 400 ml apple juice fresh
- ☐ 1 avocado ripe
- ☐ 30 g baby spinach
- ☐ 1 handful mint leaves fresh

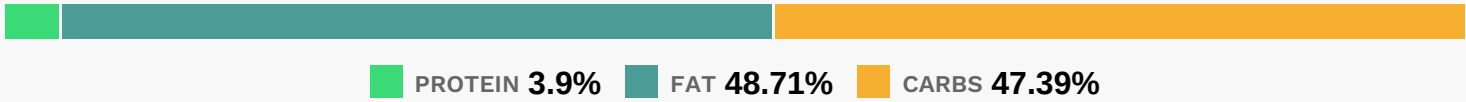
Equipment

- ☐ kitchen towels

Directions

- ☐ Rinse the spinach and mint leaves and pat dry in a clean tea towel.
- ☐ Remove the skin and stone from the avocado.
- ☐ Whizz up all the ingredients until smooth. You may add ice cubes if you prefer your smoothie ice cold.
- ☐ Serve and enjoy.
- ☐ Feel smug!

Nutrition Facts



Properties

Glycemic Index:28.19, Glycemic Load:5.14, Inflammation Score:-6, Nutrition Score:8.1704347781513%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Catechin: 1.31mg, Catechin: 1.31mg, Catechin: 1.31mg, Catechin: 1.31mg Epicatechin: 5.12mg, Epicatechin: 5.12mg, Epicatechin: 5.12mg, Epicatechin: 5.12mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 131.04kcal (6.55%), Fat: 7.56g (11.63%), Saturated Fat: 1.1g (6.88%), Carbohydrates: 16.55g (5.52%), Net Carbohydrates: 12.73g (4.63%), Sugar: 10.45g (11.61%), Cholesterol: 0mg (0%), Sodium: 13.95mg (0.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.36g (2.72%), Vitamin K: 46.78µg (44.55%), Vitamin A: 820.17IU (16.4%), Fiber: 3.82g (15.29%), Folate: 56.39µg (14.1%), Manganese: 0.23mg (11.4%), Potassium: 397.12mg (11.35%), Vitamin C: 8.39mg (10.17%), Vitamin B6: 0.16mg (8.2%), Vitamin E: 1.2mg (8.02%), Vitamin B5: 0.76mg (7.58%), Magnesium: 26.54mg (6.63%), Copper: 0.12mg (6.05%), Vitamin B2: 0.1mg (5.88%), Vitamin B3: 1.02mg (5.11%), Vitamin B1: 0.06mg (4.16%), Phosphorus: 37.87mg (3.79%), Iron: 0.66mg (3.65%), Zinc: 0.39mg (2.62%), Calcium: 24.27mg (2.43%)