

All-Fruit Smoothies



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



2

CALORIES



188 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 1 large banana cut into chunks
- ☐ 1 cup blueberries frozen
- ☐ 1 cup pineapple juice
- ☐ 1 cup strawberries frozen

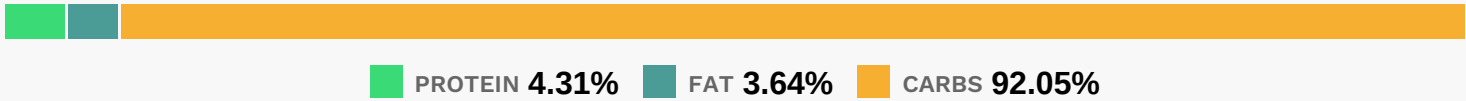
Equipment

- ☐ blender

Directions

- ☐ Pour pineapple juice into a blender and add banana, strawberries, and blueberries. Cover and blend until smooth, about 1 minute.
- ☐ Pour into 2 glasses.

Nutrition Facts



Properties

Glycemic Index:90.39, Glycemic Load:19.62, Inflammation Score:-6, Nutrition Score:13.508695483208%

Flavonoids

Cyanidin: 7.47mg, Cyanidin: 7.47mg, Cyanidin: 7.47mg, Cyanidin: 7.47mg Petunidin: 23.41mg, Petunidin: 23.41mg, Petunidin: 23.41mg, Petunidin: 23.41mg Delphinidin: 26.44mg, Delphinidin: 26.44mg, Delphinidin: 26.44mg, Delphinidin: 26.44mg Malvidin: 50.02mg, Malvidin: 50.02mg, Malvidin: 50.02mg, Malvidin: 50.02mg Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg Peonidin: 15.05mg, Peonidin: 15.05mg, Peonidin: 15.05mg, Peonidin: 15.05mg Catechin: 10.3mg, Catechin: 10.3mg, Catechin: 10.3mg, Catechin: 10.3mg Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg Epicatechin: 0.77mg, Epicatechin: 0.77mg, Epicatechin: 0.77mg, Epicatechin: 0.77mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 1.66mg, Kaempferol: 1.66mg, Kaempferol: 1.66mg, Kaempferol: 1.66mg Myricetin: 1mg, Myricetin: 1mg, Myricetin: 1mg, Myricetin: 1mg Quercetin: 6.52mg, Quercetin: 6.52mg, Quercetin: 6.52mg, Quercetin: 6.52mg Gallocatechin: 0.11mg, Gallocatechin: 0.11mg, Gallocatechin: 0.11mg, Gallocatechin: 0.11mg

Nutrients (% of daily need)

Calories: 188.28kcal (9.41%), Fat: 0.83g (1.27%), Saturated Fat: 0.12g (0.73%), Carbohydrates: 46.95g (15.65%), Net Carbohydrates: 41.73g (15.17%), Sugar: 30.96g (34.4%), Cholesterol: 0mg (0%), Sodium: 4.5mg (0.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.2g (4.39%), Vitamin C: 67.23mg (81.49%), Manganese: 1.3mg (65.24%), Vitamin B6: 0.44mg (21.99%), Fiber: 5.22g (20.88%), Potassium: 563.98mg (16.11%), Vitamin K: 16.56µg (15.77%), Folate: 56.56µg (14.14%), Magnesium: 46.32mg (11.58%), Copper: 0.21mg (10.56%), Vitamin B1: 0.13mg (8.95%), Vitamin B2: 0.12mg (7.09%), Vitamin B3: 1.27mg (6.37%), Iron: 1.04mg (5.81%), Phosphorus: 50.56mg (5.06%), Vitamin E: 0.72mg (4.81%), Vitamin B5: 0.47mg (4.75%), Calcium: 34.7mg (3.47%), Zinc: 0.45mg (3.01%), Vitamin A: 98.02IU (1.96%), Selenium: 1.16µg (1.66%)