

 100%
HEALTH SCORE

Amazing Pom-Mango Smoothie with Optional Protein Boost

 Gluten Free  Dairy Free  Very Healthy

READY IN



5 min.

SERVINGS



1

CALORIES



1688 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 0.5 cup vanilla almond milk unsweetened
- ☐ 1 Scoop amazing grass berry superfood
- ☐ 12 mango chunks frozen
- ☐ 0.5 cup pomegranate juice (I used POM wonderful)
- ☐ 2 Tablespoons dairy-free protein powder
- ☐ 1 serving sweetener (optional - I don't use)

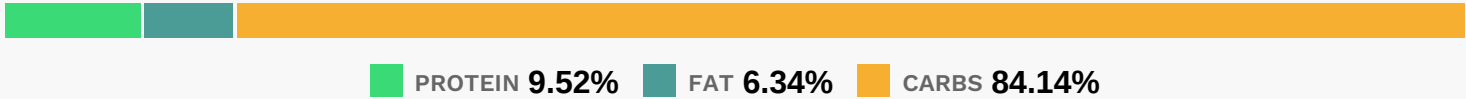
Equipment

☐ blender

Directions

☐ Combine everything but the ice in your blender, and whiz until smooth.If you would like it thicker and/or frostier, add the ice (pulsing at first) and blend until smooth.

Nutrition Facts



Properties

Glycemic Index:75.75, Glycemic Load:172.93, Inflammation Score:-10, Nutrition Score:63.523913259092%

Flavonoids

Cyanidin: 5.52mg, Cyanidin: 5.52mg, Cyanidin: 5.52mg, Cyanidin: 5.52mg Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg Delphinidin: 1.72mg, Delphinidin: 1.72mg, Delphinidin: 1.72mg, Delphinidin: 1.72mg Malvidin: 0.5mg, Malvidin: 0.5mg, Malvidin: 0.5mg, Malvidin: 0.5mg Pelargonidin: 0.61mg, Pelargonidin: 0.61mg, Pelargonidin: 0.61mg, Pelargonidin: 0.61mg Catechin: 42.72mg, Catechin: 42.72mg, Catechin: 42.72mg, Catechin: 42.72mg Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 1.25mg, Kaempferol: 1.25mg, Kaempferol: 1.25mg, Kaempferol: 1.25mg Myricetin: 1.51mg, Myricetin: 1.51mg, Myricetin: 1.51mg, Myricetin: 1.51mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

Nutrients (% of daily need)

Calories: 1687.64kcal (84.38%), Fat: 13.17g (20.27%), Saturated Fat: 2.85g (17.81%), Carbohydrates: 393.33g (131.11%), Net Carbohydrates: 352.31g (128.11%), Sugar: 358.32g (398.14%), Cholesterol: 46.67mg (15.56%), Sodium: 240.55mg (10.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.52g (89.03%), Vitamin C: 904.33mg (1096.15%), Vitamin A: 26952.01IU (539.04%), Folate: 1098.07µg (274.52%), Fiber: 40.27g (161.08%), Vitamin E: 22.83mg (152.23%), Vitamin B6: 3.01mg (150.32%), Copper: 2.78mg (139.19%), Potassium: 4524.09mg (129.26%), Vitamin K: 117.44µg (111.85%), Vitamin B3: 16.91mg (84.57%), Manganese: 1.68mg (84.23%), Magnesium: 271.17mg (67.79%), Vitamin B2: 0.96mg (56.65%), Calcium: 528.48mg (52.85%), Vitamin B5: 5.25mg (52.5%), Vitamin B1: 0.71mg (47.63%), Phosphorus: 441.83mg (44.18%), Iron: 5.97mg (33.16%), Selenium: 15.28µg (21.83%), Zinc: 2.35mg (15.66%)