

Apple Jack Smoothie

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



1

CALORIES



327 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 0.5 apples diced whole
- 1 bananas whole frozen ()
- 0.3 tsp cinnamon
- 1 date whole
- 1 cup plant-based milk
- 1 cup pkt spinach fresh

Equipment

- blender

Directions

Combine all ingredients, except cinnamon, into a blender and blend until smooth (adding more non-dairy milk as necessary).

Add a few dashes of cinnamon, mix and serve. Nutritional Information

Amount Per Serving

Calories

Fat

60g

Carbohydrate

gDietary Fiber6.80gSugars24.60gProtein3.50g

Nutrition Facts



Properties

Glycemic Index:213.78, Glycemic Load:23.29, Inflammation Score:-10, Nutrition Score:25.341304198555%

Flavonoids

Cyanidin: 1.55mg, Cyanidin: 1.55mg, Cyanidin: 1.55mg, Cyanidin: 1.55mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 8.38mg, Catechin: 8.38mg, Catechin: 8.38mg, Catechin: 8.38mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.88mg, Epicatechin: 6.88mg, Epicatechin: 6.88mg, Epicatechin: 6.88mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 2.17mg, Kaempferol: 2.17mg, Kaempferol: 2.17mg, Kaempferol: 2.17mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 4.98mg, Quercetin: 4.98mg, Quercetin: 4.98mg, Quercetin: 4.98mg

Nutrients (% of daily need)

Calories: 326.99kcal (16.35%), Fat: 8.5g (13.08%), Saturated Fat: 4.72g (29.5%), Carbohydrates: 57.72g (19.24%), Net Carbohydrates: 50.9g (18.51%), Sugar: 40.17g (44.64%), Cholesterol: 29.28mg (9.76%), Sodium: 118.71mg (5.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.58g (21.16%), Vitamin K: 148.62µg (141.54%), Vitamin A: 3335.66IU (66.71%), Manganese: 0.76mg (38.06%), Calcium: 350.42mg (35.04%), Vitamin B6: 0.69mg (34.51%),

Potassium: 1101.93mg (31.48%), Phosphorus: 301.87mg (30.19%), Vitamin B2: 0.51mg (29.89%), Vitamin C: 22.93mg (27.8%), Fiber: 6.82g (27.27%), Magnesium: 92.79mg (23.2%), Vitamin B12: 1.32µg (21.96%), Folate: 85.9µg (21.47%), Vitamin D: 2.68µg (17.89%), Vitamin B1: 0.22mg (14.39%), Vitamin B5: 1.42mg (14.23%), Zinc: 1.4mg (9.37%), Selenium: 6.35µg (9.07%), Copper: 0.17mg (8.73%), Iron: 1.35mg (7.52%), Vitamin B3: 1.44mg (7.19%), Vitamin E: 1.03mg (6.88%)