



Apple Vanilla Smoothie



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



1

CALORIES



402 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 0.3 banana frozen
- ☐ 1 tablespoon flax seeds
- ☐ 1 ice cube
- ☐ 0.3 cup orange juice
- ☐ 0.3 cup skim milk
- ☐ 2 small tart apples chilled sliced
- ☐ 2 tablespoons vanilla whey protein powder

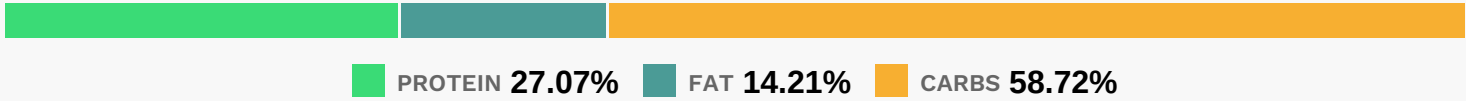
Equipment

blender

Directions

Blend apples, milk, orange juice, banana, protein powder, flax seeds, and ice cube in a blender until smooth.

Nutrition Facts



Properties

Glycemic Index:228.03, Glycemic Load:19.47, Inflammation Score:-7, Nutrition Score:16.503913008648%

Flavonoids

Cyanidin: 4.68mg, Cyanidin: 4.68mg, Cyanidin: 4.68mg, Cyanidin: 4.68mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 5.67mg, Catechin: 5.67mg, Catechin: 5.67mg, Catechin: 5.67mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 22.45mg, Epicatechin: 22.45mg, Epicatechin: 22.45mg, Epicatechin: 22.45mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 12.12mg, Quercetin: 12.12mg, Quercetin: 12.12mg, Quercetin: 12.12mg

Nutrients (% of daily need)

Calories: 402.28kcal (20.11%), Fat: 6.88g (10.59%), Saturated Fat: 1g (6.28%), Carbohydrates: 63.98g (21.33%), Net Carbohydrates: 53.21g (19.35%), Sugar: 45.95g (51.05%), Cholesterol: 49.12mg (16.37%), Sodium: 83.08mg (3.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.49g (58.99%), Vitamin C: 47.33mg (57.38%), Fiber: 10.77g (43.09%), Phosphorus: 281.66mg (28.17%), Calcium: 251.36mg (25.14%), Potassium: 850.15mg (24.29%), Magnesium: 92.82mg (23.21%), Manganese: 0.44mg (22.16%), Vitamin B1: 0.33mg (21.69%), Vitamin B6: 0.35mg (17.5%), Iron: 3mg (16.66%), Vitamin B2: 0.24mg (14.16%), Copper: 0.26mg (12.83%), Folate: 43.77µg (10.94%), Vitamin A: 545.07IU (10.9%), Vitamin B12: 0.47µg (7.89%), Vitamin B5: 0.79mg (7.88%), Vitamin K: 7.2µg (6.85%), Zinc: 1mg (6.65%), Selenium: 4.53µg (6.47%), Vitamin D: 0.9µg (5.99%), Vitamin B3: 1.12mg (5.6%), Vitamin E: 0.62mg (4.14%)