



Avocado and Coconut Water Smoothies



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



160 min.

SERVINGS



4

CALORIES



236 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 2.3 cups coconut water chilled
- ☐ 2 avocado pitted ripe peeled cut into pieces
- ☐ 3 tablespoons agave nectar
- ☐ 2 teaspoons juice of lime fresh

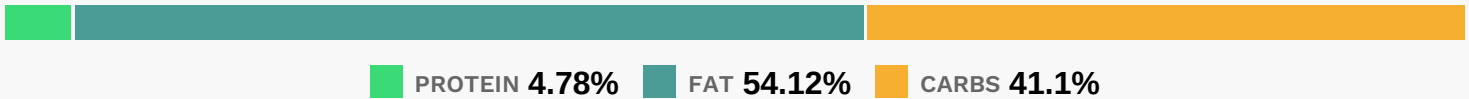
Equipment

- ☐ blender

Directions

- ☐ Fill 14-cube ice-cube tray with 2 cups of the cold coconut water. Freeze until solid.
- ☐ In blender, place avocado, coconut water ice cubes, remaining 1/4 cup cold coconut water, agave nectar and lime juice. Cover; blend with on-and-off pulses until creamy and smooth.
- ☐ Pour into drinking glasses.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:27.5, Glycemic Load:4.47, Inflammation Score:-5, Nutrition Score:11.976521875547%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 235.9kcal (11.8%), Fat: 15.12g (23.26%), Saturated Fat: 2.38g (14.87%), Carbohydrates: 25.82g (8.61%), Net Carbohydrates: 17.56g (6.39%), Sugar: 14.94g (16.6%), Cholesterol: 0mg (0%), Sodium: 149.46mg (6.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.01g (6.01%), Fiber: 8.26g (33.04%), Potassium: 828.48mg (23.67%), Vitamin K: 24.66µg (23.49%), Folate: 90.43µg (22.61%), Vitamin C: 16.72mg (20.26%), Vitamin B6: 0.34mg (16.96%), Manganese: 0.34mg (16.78%), Magnesium: 63.25mg (15.81%), Vitamin E: 2.24mg (14.93%), Vitamin B5: 1.46mg (14.57%), Vitamin B2: 0.23mg (13.76%), Copper: 0.25mg (12.35%), Vitamin B3: 1.97mg (9.84%), Vitamin B1: 0.13mg (8.51%), Phosphorus: 79.77mg (7.98%), Iron: 0.96mg (5.34%), Zinc: 0.78mg (5.21%), Calcium: 44.97mg (4.5%), Vitamin A: 147.98IU (2.96%), Selenium: 2.02µg (2.89%)