

Avocado Smoothie



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



279 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients



1 avocado pitted ripe halved



2 servings basil thinly sliced



1.5 tablespoons juice of lime fresh



1 tablespoon sugar



1.3 cups milk whole

Equipment

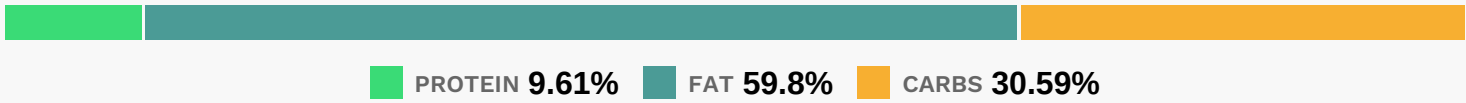


blender

Directions

- ☐ Scoop the flesh from the avocado into a blender.
- ☐ Add milk, lime juice, sugar, and chopped basil; purée.
- ☐ Add 1 cup ice; purée until smooth.
- ☐ Divide between 2 chilled glasses and garnish with thinly sliced basil.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:109.05, Glycemic Load:7.65, Inflammation Score:-6, Nutrition Score:14.429565139439%

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: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 278.67kcal (13.93%), Fat: 19.69g (30.3%), Saturated Fat: 4.98g (31.12%), Carbohydrates: 22.67g (7.56%), Net Carbohydrates: 15.86g (5.77%), Sugar: 14.18g (15.76%), Cholesterol: 18.3mg (6.1%), Sodium: 65.35mg (2.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.12g (14.24%), Vitamin K: 29.93µg (28.5%), Fiber: 6.81g (27.24%), Potassium: 735.36mg (21.01%), Folate: 83.89µg (20.97%), Phosphorus: 208.98mg (20.9%), Calcium: 204.81mg (20.48%), Vitamin B2: 0.35mg (20.32%), Vitamin B5: 1.98mg (19.83%), Vitamin B6: 0.36mg (17.93%), Vitamin C: 13.78mg (16.71%), Vitamin E: 2.2mg (14.65%), Vitamin B12: 0.82µg (13.72%), Magnesium: 49.63mg (12.41%), Vitamin D: 1.68µg (11.18%), Vitamin B1: 0.16mg (10.42%), Copper: 0.2mg (10.18%), Vitamin A: 504.9IU (10.1%), Vitamin B3: 1.94mg (9.71%), Manganese: 0.17mg (8.7%), Zinc: 1.29mg (8.63%), Selenium: 3.35µg (4.79%), Iron: 0.63mg (3.5%)