



Avocado Smoothie

 Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



141 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 2 cups vanilla almond milk sweetened
- ☐ 1 avocado ripe
- ☐ 1 cup ice cubes crushed
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 tablespoon slivered almonds toasted chopped
- ☐ 0.3 cup condensed milk fat-free sweetened

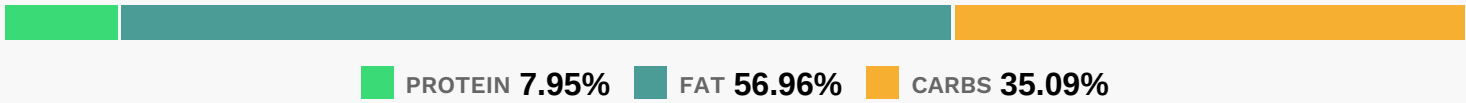
Equipment

- ☐ blender

Directions

- ☐ Cut avocado in half lengthwise; discard pit. Scoop pulp from avocado halves into blender.
- ☐ Add almond milk and next 3 ingredients (through lime juice); process until smooth. Top each serving with toasted almonds.
- ☐ Serve immediately.
- ☐ To your Health Avocados give you a dose of heart-healthy nutrients: Their monounsaturated fats and fiber help lower cholesterol.

Nutrition Facts



Properties

Glycemic Index:22.2, Glycemic Load:5.39, Inflammation Score:-3, Nutrition Score:5.8908695636884%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 140.51kcal (7.03%), Fat: 9.44g (14.53%), Saturated Fat: 1.77g (11.08%), Carbohydrates: 13.09g (4.36%), Net Carbohydrates: 9.82g (3.57%), Sugar: 8.88g (9.86%), Cholesterol: 5.2mg (1.73%), Sodium: 154.75mg (6.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.96g (5.93%), Calcium: 175.92mg (17.59%), Fiber: 3.27g (13.07%), Vitamin E: 1.38mg (9.21%), Folate: 35.72µg (8.93%), Vitamin B2: 0.14mg (8.21%), Vitamin K: 8.57µg (8.16%), Potassium: 273.41mg (7.81%), Vitamin C: 6.22mg (7.54%), Phosphorus: 70.07mg (7.01%), Vitamin B5: 0.69mg (6.9%), Vitamin B6: 0.12mg (5.81%), Magnesium: 21.99mg (5.5%), Copper: 0.11mg (5.42%), Manganese: 0.1mg (5.24%), Vitamin B3: 0.81mg (4.06%), Selenium: 2.51µg (3.59%), Zinc: 0.47mg (3.15%), Vitamin B1: 0.05mg (3.09%), Vitamin A: 102.56IU (2.05%), Iron: 0.33mg (1.83%), Vitamin B12: 0.07µg (1.12%)