



Banana, clementine & mango smoothie



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



268 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

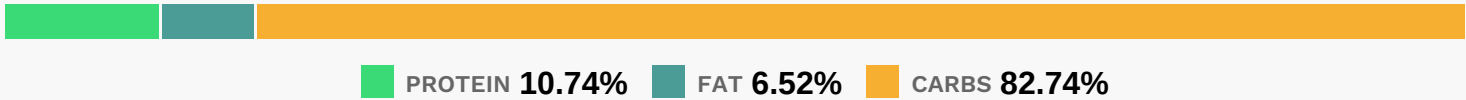
- ☐ 24 3 large clementines juicy for decoration
- ☐ 2 small mangos juicy very ripe
- ☐ 2 banana ripe
- ☐ 500 g yogurt whole low-fat

Equipment

Directions

- ☐
- Halve the clementines and squeeze out the juice you should have about 600ml/1 pint. (This can be done the night before.) Peel the mangoes, slice the fruit away from the stone in the centre, then chop the flesh into rough pieces. Peel and slice the bananas.
- ☐
- Put the clementine juice, mango flesh, bananas, yogurt and ice cubes into a liquidiser and blend until smooth.
- ☐
- Pour into six glasses and serve. (You might need to make this in two batches, depending on the size of your liquidiser.) If you dont add ice cubes, chill in the fridge until ready to serve.

Nutrition Facts



Properties

Glycemic Index:29.42, Glycemic Load:30.52, Inflammation Score:-8, Nutrition Score:17.922608696896%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 3.59mg, Catechin: 3.59mg, Catechin: 3.59mg, Catechin: 3.59mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 268.03kcal (13.4%), Fat: 2.13g (3.27%), Saturated Fat: 0.94g (5.88%), Carbohydrates: 60.76g (20.25%), Net Carbohydrates: 53.61g (19.49%), Sugar: 47.29g (52.55%), Cholesterol: 5mg (1.67%), Sodium: 62.38mg (2.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.89g (15.77%), Vitamin C: 173.65mg (210.49%), Folate: 117.74µg (29.44%), Fiber: 7.16g (28.63%), Potassium: 975.65mg (27.88%), Calcium: 250.86mg (25.09%), Vitamin B6: 0.49mg (24.46%), Vitamin B1: 0.32mg (21.52%), Phosphorus: 200.47mg (20.05%), Vitamin B2: 0.32mg (18.95%), Vitamin A: 814.25IU (16.29%), Magnesium: 61.29mg (15.32%), Vitamin B3: 2.7mg (13.5%), Copper: 0.25mg (12.27%), Vitamin B5: 1.21mg (12.07%), Manganese: 0.22mg (11.05%), Vitamin E: 1.28mg (8.52%), Vitamin B12: 0.47µg (7.78%), Zinc: 1.04mg (6.94%), Selenium: 3.85µg (5.5%), Iron: 0.69mg (3.85%), Vitamin K: 3.26µg (3.11%)