



Basic Fruit Smoothie



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



15 min.

SERVINGS



4

CALORIES



161 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients



1 banana



2 cups ice cubes



1 cup orange-peach-mango juice



2 peaches



1 quart strawberries hulled

Equipment

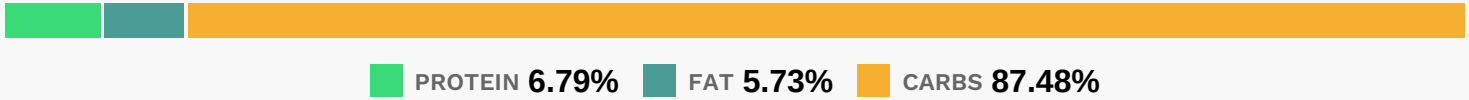


blender

Directions

- ☐ In a blender, combine strawberries, banana and peaches. Blend until fruit is pureed. Blend in the juice.
- ☐ Add ice and blend to desired consistency.
- ☐ Pour into glasses and serve.

Nutrition Facts



Properties

Glycemic Index:46.76, Glycemic Load:14.52, Inflammation Score:-8, Nutrition Score:15.016956536666%

Flavonoids

Cyanidin: 5.41mg, Cyanidin: 5.41mg, Cyanidin: 5.41mg, Cyanidin: 5.41mg Petunidin: 0.26mg, Petunidin: 0.26mg, Petunidin: 0.26mg, Petunidin: 0.26mg Delphinidin: 0.73mg, Delphinidin: 0.73mg, Delphinidin: 0.73mg, Delphinidin: 0.73mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 58.79mg, Pelargonidin: 58.79mg, Pelargonidin: 58.79mg, Pelargonidin: 58.79mg Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg Catechin: 12.85mg, Catechin: 12.85mg, Catechin: 12.85mg, Catechin: 12.85mg Epigallocatechin: 2.63mg, Epigallocatechin: 2.63mg, Epigallocatechin: 2.63mg, Epigallocatechin: 2.63mg Epicatechin: 2.75mg, Epicatechin: 2.75mg, Epicatechin: 2.75mg, Epicatechin: 2.75mg Epicatechin 3-gallate: 0.35mg, Epicatechin 3-gallate: 0.35mg, Epicatechin 3-gallate: 0.35mg, Epicatechin 3-gallate: 0.35mg Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg 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: 1.94mg, Naringenin: 1.94mg, Naringenin: 1.94mg, Naringenin: 1.94mg Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 3.29mg, Quercetin: 3.29mg, Quercetin: 3.29mg, Quercetin: 3.29mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 161.36kcal (8.07%), Fat: 1.13g (1.74%), Saturated Fat: 0.1g (0.61%), Carbohydrates: 38.92g (12.97%), Net Carbohydrates: 32.17g (11.7%), Sugar: 26.67g (29.63%), Cholesterol: 0mg (0%), Sodium: 18.95mg (0.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.02g (6.05%), Vitamin C: 175.76mg (213.04%), Manganese: 1.05mg (52.37%), Fiber: 6.75g (26.99%), Folate: 85.78µg (21.45%), Potassium: 683.09mg (19.52%), Magnesium: 52.72mg (13.18%), Vitamin B6: 0.26mg (13.15%), Copper: 0.24mg (12.06%), Vitamin B3: 1.96mg (9.81%), Vitamin B1: 0.14mg (9.32%), Phosphorus: 90.31mg (9.03%), Vitamin E: 1.29mg (8.59%), Vitamin A: 415.77IU (8.32%), Iron: 1.43mg

(7.92%), Vitamin K: 7.66µg (7.3%), Vitamin B2: 0.12mg (6.79%), Vitamin B5: 0.63mg (6.27%), Calcium: 52.7mg (5.27%), Selenium: 2.88µg (4.11%), Zinc: 0.59mg (3.94%)