



HEALTH SCORE

100%

## Beginner Green Spinach Smoothies



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



8 min.

SERVINGS



2

CALORIES



160 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

### Ingredients

- 9 oz spinach frozen chopped
- 1 medium banana
- 1.3 cups strawberries frozen organic cascadian farm®
- 0.8 cup orange juice

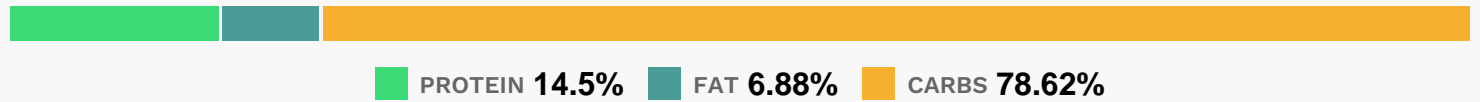
### Equipment

- blender
- microwave

## Directions

- Microwave spinach as directed on box. Rinse with cold water until cooled.
- Drain, squeezing out as much liquid as possible.
- In blender, place 1/4 cup of the cooked spinach and remaining ingredients. (Cover and refrigerate remaining spinach for another use.) Cover; blend on high speed about 30 seconds or until smooth.
- Pour into 2 glasses.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:73.39, Glycemic Load:13.51, Inflammation Score:-10, Nutrition Score:30.917391134345%

## Flavonoids

Cyanidin: 1.51mg, Cyanidin: 1.51mg, Cyanidin: 1.51mg, Cyanidin: 1.51mg Petunidin: 0.1mg, Petunidin: 0.1mg, Petunidin: 0.1mg, Petunidin: 0.1mg Delphinidin: 0.28mg, Delphinidin: 0.28mg, Delphinidin: 0.28mg, Delphinidin: 0.28mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 22.36mg, Pelargonidin: 22.36mg, Pelargonidin: 22.36mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 6.4mg, Catechin: 6.4mg, Catechin: 6.4mg, Catechin: 6.4mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 0.39mg, Epicatechin: 0.39mg, Epicatechin: 0.39mg Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 11.11mg, Hesperetin: 11.11mg, Hesperetin: 11.11mg, Hesperetin: 11.11mg Naringenin: 2.22mg, Naringenin: 2.22mg, Naringenin: 2.22mg, Naringenin: 2.22mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

## Nutrients (% of daily need)

Calories: 160.16kcal (8.01%), Fat: 1.38g (2.12%), Saturated Fat: 0.15g (0.96%), Carbohydrates: 35.41g (11.8%), Net Carbohydrates: 28.19g (10.25%), Sugar: 20.24g (22.49%), Cholesterol: 0mg (0%), Sodium: 96.82mg (4.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.53g (13.06%), Vitamin K: 476.94µg (454.23%), Vitamin A:

15193.75IU (303.88%), Vitamin C: 111.57mg (135.24%), Manganese: 1.42mg (70.89%), Folate: 246.28µg (61.57%), Magnesium: 133.54mg (33.38%), Fiber: 7.22g (28.88%), Potassium: 976.32mg (27.89%), Vitamin E: 4.06mg (27.05%), Vitamin B6: 0.52mg (25.77%), Vitamin B2: 0.38mg (22.15%), Calcium: 192.15mg (19.21%), Iron: 3.12mg (17.33%), Vitamin B1: 0.24mg (16.23%), Copper: 0.31mg (15.69%), Selenium: 8.7µg (12.42%), Phosphorus: 112.9mg (11.29%), Vitamin B3: 1.76mg (8.79%), Zinc: 0.98mg (6.5%), Vitamin B5: 0.61mg (6.06%)