



 **100%**  
HEALTH SCORE

## Broccoli Power Punch Smoothies

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



8 min.

SERVINGS



2

CALORIES



302 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

### Ingredients

- 12 oz broccoli frozen
- 1 cup textured vegetable protein unsweetened frozen
- 0.5 cup strawberries frozen organic cascadian farm®
- 1 medium banana
- 0.5 cup pineapple juice

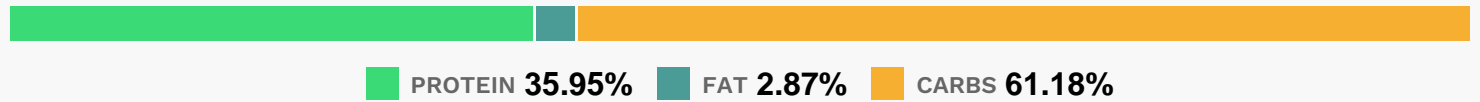
### Equipment

- blender

## Directions

- Cook broccoli as directed on bag. Rinse with cold water until cooled.
- Drain.
- In blender, place 1/3 cup of the cooked broccoli and remaining ingredients. (Cover and refrigerate remaining broccoli 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:86.39, Glycemic Load:12.98, Inflammation Score:-9, Nutrition Score:25.608695735102%

## Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 4.72mg, Catechin: 4.72mg, Catechin: 4.72mg, Catechin: 4.72mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Luteolin: 1.36mg, Luteolin: 1.36mg, Luteolin: 1.36mg, Luteolin: 1.36mg Kaempferol: 13.58mg, Kaempferol: 13.58mg, Kaempferol: 13.58mg, Kaempferol: 13.58mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 5.98mg, Quercetin: 5.98mg, Quercetin: 5.98mg, Quercetin: 5.98mg Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg

## Nutrients (% of daily need)

Calories: 302.41kcal (15.12%), Fat: 1g (1.54%), Saturated Fat: 0.27g (1.69%), Carbohydrates: 48.18g (16.06%), Net Carbohydrates: 33.92g (12.33%), Sugar: 23.34g (25.93%), Cholesterol: 0mg (0%), Sodium: 62.1mg (2.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.3g (56.61%), Vitamin C: 183.93mg (222.94%), Vitamin K: 174.76µg (166.44%), Fiber: 14.26g (57.05%), Manganese: 0.95mg (47.64%), Iron: 6.74mg (37.43%), Folate: 138.22µg (34.56%),

Vitamin B6: 0.59mg (29.51%), Potassium: 880.51mg (25.16%), Calcium: 245.13mg (24.51%), Vitamin A: 1104.74IU (22.09%), Magnesium: 63.41mg (15.85%), Vitamin B2: 0.26mg (15.43%), Phosphorus: 138.6mg (13.86%), Vitamin B5: 1.25mg (12.5%), Vitamin B1: 0.18mg (12.13%), Vitamin E: 1.5mg (10.01%), Copper: 0.19mg (9.37%), Vitamin B3: 1.74mg (8.68%), Selenium: 5.05µg (7.21%), Zinc: 0.9mg (6.01%)