



Carrot-Apple Smoothie

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



268 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 1 cup carrot juice fresh
- 0.5 cup apple sauce unsweetened
- 1 cup greek yogurt plain greek-style

Equipment

- blender

Directions

In a blender, combine carrot juice, apple sauce and yogurt. Blend until smoothie reaches desired consistency.

Nutrition Facts

PROTEIN 33.53% **FAT 3.98%** **CARBS 62.49%**

Properties

Glycemic Index:43, Glycemic Load:8.61, Inflammation Score:-10, Nutrition Score:22.895217480867%

Flavonoids

Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg Epicatechin: 6.6mg, Epicatechin: 6.6mg, Epicatechin: 6.6mg, Epicatechin: 6.6mg Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg

Nutrients (% of daily need)

Calories: 267.64kcal (13.38%), Fat: 1.22g (1.87%), Saturated Fat: 0.29g (1.81%), Carbohydrates: 42.97g (14.32%), Net Carbohydrates: 39.74g (14.45%), Sugar: 27.22g (30.25%), Cholesterol: 10mg (3.33%), Sodium: 230.2mg (10.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.05g (46.1%), Vitamin A: 45176.02IU (903.52%), Vitamin B2: 0.73mg (42.85%), Phosphorus: 377.22mg (37.72%), Vitamin K: 37.19µg (35.42%), Vitamin B6: 0.67mg (33.65%), Selenium: 21.58µg (30.83%), Potassium: 1061.4mg (30.33%), Calcium: 283.52mg (28.35%), Vitamin C: 21.28mg (25.79%), Vitamin B12: 1.4µg (23.33%), Vitamin E: 2.95mg (19.69%), Vitamin B1: 0.29mg (19.52%), Manganese: 0.36mg (17.77%), Magnesium: 58.7mg (14.68%), Fiber: 3.23g (12.92%), Vitamin B5: 1.25mg (12.5%), Zinc: 1.52mg (10.14%), Copper: 0.18mg (8.78%), Iron: 1.51mg (8.37%), Vitamin B3: 1.44mg (7.18%), Folate: 27.1µg (6.77%)