



## Coconut Avocado Smoothie

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



2

CALORIES



410 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

### Ingredients

- 0.3 cup cream of coconut
- 1 haas avocados diced
- 8 ice cubes
- 0.5 cup vanilla yogurt low-fat
- 0.5 cup milk whole

### Equipment

- blender

# Directions

Combine avocado, yogurt, milk, cream of coconut, and ice cubes in a blender; blend until smooth.

# Nutrition Facts



**PROTEIN 6.63%**   **FAT 50.2%**   **CARBS 43.17%**

# Properties

Glycemic Index:39, Glycemic Load:1.82, Inflammation Score:-5, Nutrition Score:13.19956526549%

# Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg

# Nutrients (% of daily need)

Calories: 409.67kcal (20.48%), Fat: 23.66g (36.4%), Saturated Fat: 9.32g (58.24%), Carbohydrates: 45.77g (15.26%), Net Carbohydrates: 37.81g (13.75%), Sugar: 36.72g (40.8%), Cholesterol: 10.38mg (3.46%), Sodium: 91.94mg (4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.03g (14.06%), Fiber: 7.97g (31.86%), Folate: 88.14µg (22.04%), Potassium: 713.06mg (20.37%), Vitamin K: 21.35µg (20.33%), Vitamin B2: 0.34mg (19.88%), Phosphorus: 196.56mg (19.66%), Vitamin B5: 1.96mg (19.62%), Calcium: 193.51mg (19.35%), Vitamin B6: 0.32mg (16.15%), Vitamin E: 2.12mg (14.15%), Vitamin C: 10.54mg (12.78%), Magnesium: 46.83mg (11.71%), Vitamin B12: 0.65µg (10.9%), Copper: 0.21mg (10.42%), Vitamin B3: 1.88mg (9.39%), Zinc: 1.41mg (9.38%), Vitamin B1: 0.13mg (8.48%), Manganese: 0.15mg (7.38%), Selenium: 4.56µg (6.52%), Vitamin A: 271.89IU (5.44%), Vitamin D: 0.67µg (4.47%), Iron: 0.6mg (3.31%)