



Coconut Banango Smoothie

 Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



2

CALORIES



204 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 1 teaspoon coconut extract
- 0.5 cup coconut milk
- 0.5 teaspoon lime zest
- 1 mangos peeled seeded chopped
- 0.5 cup water cold
- 1 tablespoon sugar white

Equipment

- blender

Directions

Blend mango, bananas, coconut milk, water, ice, sugar, coconut extract, and lime zest in a blender until smooth.

Nutrition Facts



PROTEIN 3.73% **FAT 52.43%** **CARBS 43.84%**

Properties

Glycemic Index:125.42, Glycemic Load:12.92, Inflammation Score:-7, Nutrition Score:8.6873912474383%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg

Nutrients (% of daily need)

Calories: 203.75kcal (10.19%), Fat: 12.47g (19.18%), Saturated Fat: 10.78g (67.39%), Carbohydrates: 23.45g (7.82%), Net Carbohydrates: 21.78g (7.92%), Sugar: 20.49g (22.76%), Cholesterol: 0mg (0%), Sodium: 11.63mg (0.51%), Alcohol: 0.85g (100%), Alcohol %: 0.47% (100%), Protein: 2g (3.99%), Vitamin C: 38.38mg (46.53%), Manganese: 0.51mg (25.25%), Vitamin A: 1120.12IU (22.4%), Folate: 52.46µg (13.11%), Copper: 0.25mg (12.64%), Iron: 2.04mg (11.33%), Magnesium: 37.26mg (9.31%), Potassium: 302.46mg (8.64%), Vitamin B6: 0.14mg (6.99%), Phosphorus: 68.97mg (6.9%), Fiber: 1.67g (6.68%), Vitamin E: 0.93mg (6.22%), Vitamin B3: 1.06mg (5.32%), Vitamin K: 4.35µg (4.14%), Vitamin B5: 0.29mg (2.92%), Zinc: 0.42mg (2.8%), Vitamin B1: 0.04mg (2.79%), Vitamin B2: 0.04mg (2.52%), Calcium: 23.83mg (2.38%)