



Coconut Island Smoothie



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



6 min.

SERVINGS



6

CALORIES



237 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 1 banana
- ☐ 300 ml coconut milk
- ☐ 200 ml orange juice
- ☐ 2 pears
- ☐ 1 pineapple

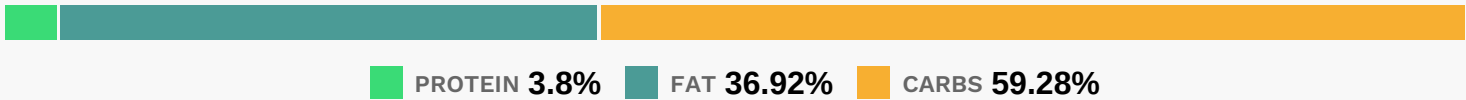
Equipment

- ☐ blender

Directions

- ☐ Remove the outer layer and cut the pineapple into chunks.
- ☐ Cut the banana and pears into chunks too. No need to take the skin of the pear.
- ☐ Add all the ingredients into your vitamix or blender and whizz until smooth.
- ☐ Serve up in glasses and what the smiles.

Nutrition Facts



Properties

Glycemic Index:49.87, Glycemic Load:18.32, Inflammation Score:-6, Nutrition Score:15.154782668404%

Flavonoids

Cyanidin: 1.22mg, Cyanidin: 1.22mg, Cyanidin: 1.22mg, Cyanidin: 1.22mg Catechin: 1.36mg, Catechin: 1.36mg, Catechin: 1.36mg, Catechin: 1.36mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 2.23mg, Epicatechin: 2.23mg, Epicatechin: 2.23mg, Epicatechin: 2.23mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 4.18mg, Hesperetin: 4.18mg, Hesperetin: 4.18mg, Hesperetin: 4.18mg Naringenin: 0.75mg, Naringenin: 0.75mg, Naringenin: 0.75mg, Naringenin: 0.75mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 236.56kcal (11.83%), Fat: 10.59g (16.29%), Saturated Fat: 9.09g (56.82%), Carbohydrates: 38.24g (12.75%), Net Carbohydrates: 33.71g (12.26%), Sugar: 25.98g (28.86%), Cholesterol: 0mg (0%), Sodium: 8.86mg (0.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.45g (4.9%), Vitamin C: 94.31mg (114.31%), Manganese: 1.85mg (92.58%), Fiber: 4.53g (18.13%), Copper: 0.35mg (17.59%), Vitamin B6: 0.29mg (14.28%), Potassium: 478.6mg (13.67%), Magnesium: 53.38mg (13.34%), Folate: 52.41µg (13.1%), Iron: 2.24mg (12.45%), Vitamin B1: 0.17mg (11.62%), Phosphorus: 75.31mg (7.53%), Vitamin B3: 1.42mg (7.12%), Vitamin B5: 0.56mg (5.55%), Vitamin B2: 0.09mg (5.21%), Calcium: 38.37mg (3.84%), Zinc: 0.55mg (3.7%), Vitamin A: 184.79IU (3.7%), Vitamin K: 3.8µg (3.62%)