



Coconut Water Smoothie

 Vegetarian  Gluten Free

READY IN



61 min.

SERVINGS



4

CALORIES



173 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 2 bananas
- ☐ 4 servings coconut water flavored
- ☐ 0.5 cup greek yogurt
- ☐ 2 tablespoons honey
- ☐ 2 mangos
- ☐ 1 cup strawberries fresh

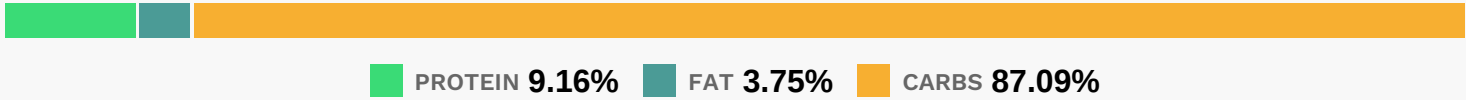
Equipment

- ☐ blender

Directions

- ☐ Fill ice trays with the coconut water and freeze until solid.
- ☐ Place the fruit, honey and 12 to 14 coconut water-flavored ice cubes into a blender and blend until smooth.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:63.45, Glycemic Load:19.05, Inflammation Score:-8, Nutrition Score:11.598695713541%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg Pelargonidin: 8.97mg, Pelargonidin: 8.97mg, Pelargonidin: 8.97mg, Pelargonidin: 8.97mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 6.5mg, Catechin: 6.5mg, Catechin: 6.5mg, Catechin: 6.5mg 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 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: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 173.49kcal (8.67%), Fat: 0.79g (1.22%), Saturated Fat: 0.2g (1.22%), Carbohydrates: 41.34g (13.78%), Net Carbohydrates: 37.4g (13.6%), Sugar: 32.6g (36.22%), Cholesterol: 1.25mg (0.42%), Sodium: 12.45mg (0.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.35g (8.69%), Vitamin C: 64.05mg (77.64%), Vitamin A: 1162.95IU (23.26%), Manganese: 0.38mg (18.78%), Vitamin B6: 0.38mg (18.77%), Folate: 66.93µg (16.73%), Fiber: 3.94g (15.77%), Potassium: 483.39mg (13.81%), Vitamin B2: 0.17mg (9.71%), Copper: 0.19mg (9.33%), Magnesium: 34.17mg (8.54%), Vitamin E: 1.1mg (7.32%), Phosphorus: 70.73mg (7.07%), Vitamin B3: 1.29mg (6.45%), Selenium: 3.92µg (5.61%), Vitamin B5: 0.54mg (5.36%), Vitamin K: 5.43µg (5.18%), Calcium: 48.72mg (4.87%), Vitamin B1:

0.06mg (4.11%), Iron: 0.53mg (2.95%), Vitamin B12: 0.17µg (2.92%), Zinc: 0.39mg (2.59%)