



Creamy Mango, Avocado, and Lime Smoothie

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



188 kcal

SIDE DISH

Ingredients

- 0.3 cup avocado sliced
- 1 teaspoon honey
- 2 cups ice cubes crushed
- 1 tablespoon juice of lime
- 1 cup mangos sliced
- 1 tablespoon mint leaves

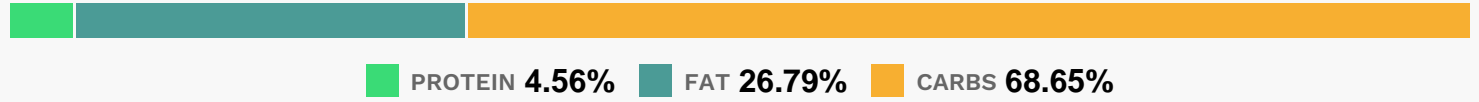
Equipment

- blender

Directions

- Place ingredients in a blender; process until smooth.
- Garnish with mint sprig, if desired.

Nutrition Facts



Properties

Glycemic Index:144.02, Glycemic Load:14.72, Inflammation Score:0, Nutrition Score:14.079565089682%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Catechin: 2.84mg, Catechin: 2.84mg, Catechin: 2.84mg, Catechin: 2.84mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 1.87mg, Eriodictyol: 1.87mg, Eriodictyol: 1.87mg, Eriodictyol: 1.87mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 187.53kcal (9.38%), Fat: 6.2g (9.53%), Saturated Fat: 0.96g (6.03%), Carbohydrates: 35.72g (11.91%), Net Carbohydrates: 30.1g (10.94%), Sugar: 28.85g (32.06%), Cholesterol: 0mg (0%), Sodium: 30.06mg (1.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.37g (4.75%), Vitamin C: 69.93mg (84.77%), Vitamin A: 2059.95IU (41.2%), Folate: 108.67µg (27.17%), Fiber: 5.63g (22.51%), Copper: 0.35mg (17.66%), Vitamin B6: 0.31mg (15.33%), Vitamin E: 2.29mg (15.3%), Potassium: 508.71mg (14.53%), Vitamin K: 14.9µg (14.19%), Manganese: 0.22mg (11.22%), Magnesium: 37.45mg (9.36%), Vitamin B3: 1.87mg (9.36%), Vitamin B5: 0.89mg (8.86%), Vitamin B2: 0.13mg (7.63%), Vitamin B1: 0.08mg (5.28%), Calcium: 51.52mg (5.15%), Phosphorus: 48.63mg (4.86%), Iron: 0.77mg (4.26%), Zinc: 0.52mg (3.46%), Selenium: 1.21µg (1.73%)