

Double C Smoothie



Vegetarian



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



29 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 1.5 tablespoons agave nectar light divided
- ☐ 0.3 cup vanilla yogurt frozen low-fat
- ☐ 1 kiwifruit divided peeled chopped
- ☐ 1 tablespoon juice of lime fresh
- ☐ 9 ounce papaya peeled chopped (preferably strawberry variety)

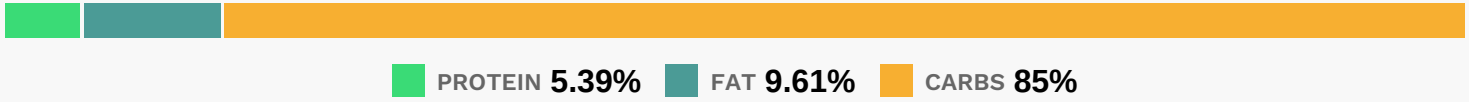
Equipment

- ☐ blender

Directions

- ☐ Pure papaya in a blender with frozen yogurt, 1 tablespoon agave nectar, and lime juice.
- ☐ Pour into a chilled serving glass.
- ☐ Rinse blender, and pure kiwifruit, reserving 1 slice, with remaining 1/2 tablespoon agave until smooth. Spoon on top of papaya mixture, and garnish with kiwifruit slice; serve.

Nutrition Facts



Properties

Glycemic Index:10.77, Glycemic Load:1.47, Inflammation Score:-2, Nutrition Score:2.592608663213%

Flavonoids

Cyanidin: 0.43mg, Cyanidin: 0.43mg, Cyanidin: 0.43mg, Cyanidin: 0.43mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Pelargonidin: 6.34mg, Pelargonidin: 6.34mg, Pelargonidin: 6.34mg, Pelargonidin: 6.34mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 29.31kcal (1.47%), Fat: 0.33g (0.51%), Saturated Fat: 0.13g (0.81%), Carbohydrates: 6.64g (2.21%), Net Carbohydrates: 5.84g (2.12%), Sugar: 5.1g (5.66%), Cholesterol: 0.07mg (0.02%), Sodium: 4mg (0.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.42g (0.84%), Vitamin C: 22.81mg (27.65%), Manganese: 0.11mg (5.41%), Vitamin K: 4.96µg (4.72%), Fiber: 0.8g (3.18%), Folate: 9.8µg (2.45%), Potassium: 66.53mg (1.9%), Vitamin E: 0.23mg (1.54%), Vitamin B6: 0.03mg (1.42%), Phosphorus: 14.1mg (1.41%), Magnesium: 5.43mg (1.36%), Copper: 0.03mg (1.33%), Calcium: 12.66mg (1.27%), Vitamin B2: 0.02mg (1.26%)