



Drink Your Greens Smoothie



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



5 min.

SERVINGS



2

CALORIES



437 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

☐ 3 large swiss chard (spine and stems removed and torn into pieces)

☐ 1 Tablespoon collagen powder

☐ 1 handful flat parsley

☐ 2 Tablespoons hemp seeds

☐ 0.5 cup ice cubes

☐ 0.5 juice of lemon

☐ 3 large destemmed lacinato/dinosaur kale (spine and stems removed and torn into pieces)

☐ 1 cup coconut milk canned (you can use coconut milk)

☐ 1 cup pineapple fresh

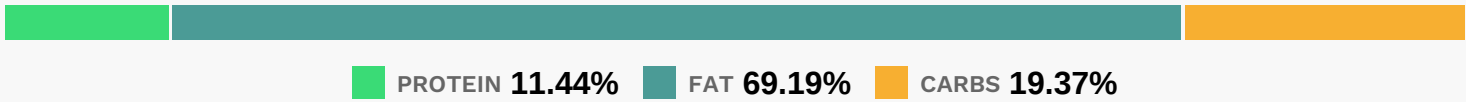
Equipment

☐ blender

Directions

- ☐ Combine all ingredients including whichever smoothie boosts you are using in a blender and blend on high until creamy and smooth.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:77.33, Glycemic Load:6.19, Inflammation Score:-10, Nutrition Score:29.719130453856%

Flavonoids

Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 3.89mg, Isorhamnetin: 3.89mg, Isorhamnetin: 3.89mg, Isorhamnetin: 3.89mg Kaempferol: 11.93mg, Kaempferol: 11.93mg, Kaempferol: 11.93mg, Kaempferol: 11.93mg Myricetin: 2.54mg, Myricetin: 2.54mg, Myricetin: 2.54mg, Myricetin: 2.54mg Quercetin: 5.46mg, Quercetin: 5.46mg, Quercetin: 5.46mg, Quercetin: 5.46mg

Nutrients (% of daily need)

Calories: 436.85kcal (21.84%), Fat: 35.83g (55.13%), Saturated Fat: 25.83g (161.46%), Carbohydrates: 22.57g (7.52%), Net Carbohydrates: 16.41g (5.97%), Sugar: 13.26g (14.74%), Cholesterol: 0mg (0%), Sodium: 194.08mg (8.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.34g (26.67%), Vitamin K: 695.45µg (662.33%), Vitamin A: 6346.35IU (126.93%), Manganese: 2.24mg (112.02%), Vitamin C: 85.37mg (103.48%), Phosphorus: 339.01mg (33.9%), Iron: 5.98mg (33.23%), Magnesium: 120.11mg (30.03%), Copper: 0.56mg (28.06%), Fiber: 6.16g (24.65%), Potassium: 754.63mg (21.56%), Folate: 58.9µg (14.73%), Vitamin B1: 0.2mg (13.52%), Calcium: 134.39mg (13.44%), Selenium: 8.33µg (11.9%), Vitamin B6: 0.23mg (11.64%), Vitamin E: 1.69mg (11.28%), Vitamin B3: 2.2mg (11.02%), Vitamin B2: 0.18mg (10.68%), Zinc: 1.26mg (8.38%), Vitamin B5: 0.55mg (5.52%)