



Easy Avocado Smoothie

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



231 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 0.5 haas avocados
- 6 ounce yogurt
- 6 ounce yogurt
- 1 cup orange juice

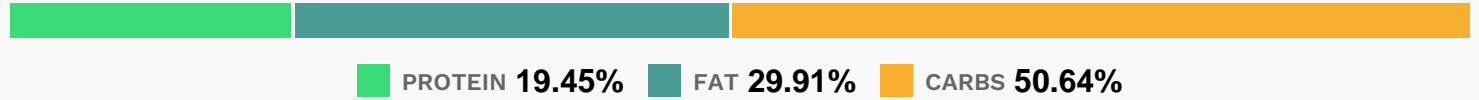
Equipment

- blender

Directions

- Put all ingredients in a blender. Blend until smooth.
- Serve in tall glass.

Nutrition Facts



Properties

Glycemic Index:46, Glycemic Load:6.94, Inflammation Score:-6, Nutrition Score:17.348260869151%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 14.82mg, Hesperetin: 14.82mg, Hesperetin: 14.82mg, Hesperetin: 14.82mg Naringenin: 2.65mg, Naringenin: 2.65mg, Naringenin: 2.65mg, Naringenin: 2.65mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 231.45kcal (11.57%), Fat: 7.94g (12.22%), Saturated Fat: 1.3g (8.11%), Carbohydrates: 30.25g (10.08%), Net Carbohydrates: 26.63g (9.68%), Sugar: 23.81g (26.46%), Cholesterol: 3.4mg (1.13%), Sodium: 135.73mg (5.9%), Alcohol: 0g (100%), Protein: 11.62g (23.24%), Vitamin C: 68.56mg (83.1%), Calcium: 358.16mg (35.82%), Phosphorus: 314.26mg (31.43%), Vitamin B2: 0.5mg (29.44%), Potassium: 925.46mg (26.44%), Folate: 98.31µg (24.58%), Vitamin B5: 2.02mg (20.24%), Vitamin B12: 1.04µg (17.29%), Magnesium: 60.53mg (15.13%), Vitamin B1: 0.23mg (15.13%), Fiber: 3.61g (14.46%), Zinc: 2.03mg (13.56%), Vitamin B6: 0.27mg (13.44%), Vitamin K: 11.02µg (10.49%), Selenium: 6.45µg (9.21%), Copper: 0.18mg (8.78%), Vitamin B3: 1.58mg (7.91%), Vitamin E: 1.09mg (7.27%), Vitamin A: 333.27IU (6.67%), Manganese: 0.1mg (4.86%), Iron: 0.68mg (3.76%)