



100%
HEALTH SCORE

Easy Being Green Smoothies

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



10 min.

SERVINGS



2

CALORIES



134 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 9 oz spinach frozen chopped
- 6 oz lime yoplait®
- 2 medium kiwi fruit peeled quartered
- 0.5 cup ice cubes
- 0.3 cup apple juice

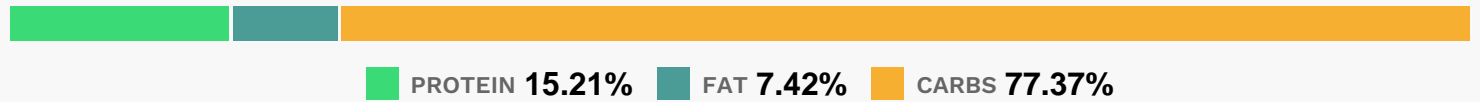
Equipment

- blender
- microwave

Directions

- Microwave spinach as directed on box. Rinse with cold water until cooled.
- Drain, squeezing out as much liquid as possible.
- In blender, place 1/3 cup of the cooked spinach and all remaining ingredients. (Cover and refrigerate remaining spinach for another use.) Cover; blend on high speed about 30 seconds or until smooth.
- Pour into 2 glasses.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:62.71, Glycemic Load:9.24, Inflammation Score:-10, Nutrition Score:29.233043463334%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg Epicatechin: 2.19mg, Epicatechin: 2.19mg, Epicatechin: 2.19mg, Epicatechin: 2.19mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Hesperetin: 36.57mg, Hesperetin: 36.57mg, Hesperetin: 36.57mg, Hesperetin: 36.57mg Naringenin: 2.89mg, Naringenin: 2.89mg, Naringenin: 2.89mg, Naringenin: 2.89mg Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 134.3kcal (6.72%), Fat: 1.35g (2.08%), Saturated Fat: 0.11g (0.67%), Carbohydrates: 31.71g (10.57%), Net Carbohydrates: 22.82g (8.3%), Sugar: 14.42g (16.03%), Cholesterol: 0mg (0%), Sodium: 105.27mg (4.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.23g (12.46%), Vitamin K: 511.75µg (487.39%), Vitamin A: 15081.3IU (301.63%), Vitamin C: 100.11mg (121.35%), Folate: 215.44µg (53.86%), Manganese: 1.02mg (51.23%), Fiber: 8.89g (35.57%), Vitamin E: 5.07mg (33.83%), Magnesium: 118mg (29.5%), Calcium: 229.57mg (22.96%), Potassium: 750.08mg (21.43%), Vitamin B2: 0.33mg (19.56%), Copper: 0.38mg (18.77%), Iron: 3.19mg (17.72%), Vitamin B6: 0.32mg (15.95%), Vitamin B1: 0.18mg (11.91%), Selenium: 8.22µg (11.74%), Phosphorus: 111.65mg (11.17%), Zinc: 0.95mg (6.33%), Vitamin B3: 1.18mg (5.92%), Vitamin B5: 0.49mg (4.91%)