

Energy Shake



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



2

CALORIES



330 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 banana peeled cut into 2-inch pieces
- ☐ 2 servings banana for a colder, thicker beverage.
- ☐ 0.5 cup kale packed coarsely chopped ()
- ☐ 0.5 kiwi fruit peeled
- ☐ 2 medjool dates pitted coarsely chopped
- ☐ 1.5 cups orange juice fresh

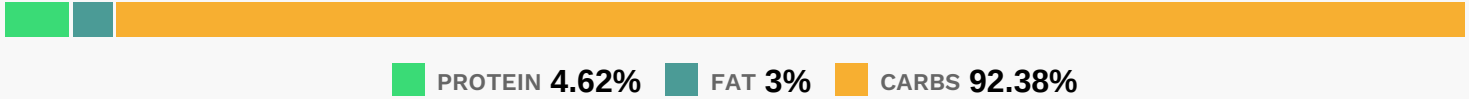
Equipment

- ☐ blender

Directions

 Combine orange juice, banana, chopped kale, kiwi, and chopped dates in blender. Puree until smooth, stopping and scraping down sides of blender as needed. Divide between two 12-ounce glasses and serve.

Nutrition Facts



Properties

Glycemic Index:123.11, Glycemic Load:31.66, Inflammation Score:-9, Nutrition Score:19.427391249201%

Flavonoids

Catechin: 11.28mg, Catechin: 11.28mg, Catechin: 11.28mg, Catechin: 11.28mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg Hesperetin: 22.23mg, Hesperetin: 22.23mg, Hesperetin: 22.23mg, Hesperetin: 22.23mg Naringenin: 3.98mg, Naringenin: 3.98mg, Naringenin: 3.98mg, Naringenin: 3.98mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 1.24mg, Isorhamnetin: 1.24mg, Isorhamnetin: 1.24mg, Isorhamnetin: 1.24mg Kaempferol: 2.89mg, Kaempferol: 2.89mg, Kaempferol: 2.89mg, Kaempferol: 2.89mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg

Nutrients (% of daily need)

Calories: 329.86kcal (16.49%), Fat: 1.2g (1.84%), Saturated Fat: 0.27g (1.67%), Carbohydrates: 82.93g (27.64%), Net Carbohydrates: 75.25g (27.36%), Sugar: 56.23g (62.48%), Cholesterol: 0mg (0%), Sodium: 7.87mg (0.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.15g (8.29%), Vitamin C: 130.99mg (158.78%), Vitamin B6: 0.83mg (41.74%), Potassium: 1264.66mg (36.13%), Manganese: 0.65mg (32.67%), Fiber: 7.69g (30.75%), Vitamin K: 31.4µg (29.91%), Folate: 105.57µg (26.39%), Magnesium: 88.74mg (22.19%), Vitamin A: 1070.43IU (21.41%), Copper: 0.35mg (17.31%), Vitamin B1: 0.25mg (16.59%), Vitamin B2: 0.23mg (13.48%), Vitamin B3: 2.51mg (12.53%), Vitamin B5: 1.21mg (12.11%), Phosphorus: 97.82mg (9.78%), Iron: 1.21mg (6.71%), Calcium: 66.37mg (6.64%), Vitamin E: 0.59mg (3.93%), Zinc: 0.53mg (3.52%), Selenium: 2.13µg (3.04%)