

Energy Smoothie



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



217 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

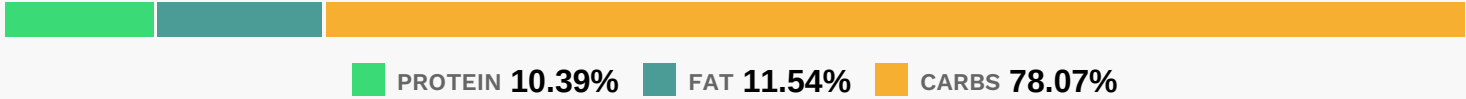
- ☐ 0.5 banana
- ☐ 1 tablespoon honey
- ☐ 6 ice cubes
- ☐ 0.5 cup orange juice
- ☐ 3 ounces silken tofu
- ☐ 4 to 6 strawberries hulled sliced

Equipment

Directions

☐ Puree until smooth

Nutrition Facts



Properties

Glycemic Index:216.87, Glycemic Load:22.57, Inflammation Score:-7, Nutrition Score:12.233478302541%

Flavonoids

Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Pelargonidin: 11.93mg, Pelargonidin: 11.93mg, Pelargonidin: 11.93mg, Pelargonidin: 11.93mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 5.09mg, Catechin: 5.09mg, Catechin: 5.09mg, Catechin: 5.09mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg 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: 2.78mg, Naringenin: 2.78mg, Naringenin: 2.78mg, Naringenin: 2.78mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 216.65kcal (10.83%), Fat: 2.92g (4.49%), Saturated Fat: 0.41g (2.54%), Carbohydrates: 44.45g (14.82%), Net Carbohydrates: 41.63g (15.14%), Sugar: 33.05g (36.72%), Cholesterol: 0mg (0%), Sodium: 10.88mg (0.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.91g (11.83%), Vitamin C: 95.36mg (115.58%), Potassium: 685.99mg (19.6%), Manganese: 0.36mg (18.12%), Copper: 0.31mg (15.7%), Magnesium: 61.31mg (15.33%), Folate: 60.52µg (15.13%), Vitamin B1: 0.23mg (15.1%), Vitamin B6: 0.3mg (14.9%), Fiber: 2.83g (11.31%), Phosphorus: 98.31mg (9.83%), Vitamin B2: 0.13mg (7.48%), Iron: 1.3mg (7.23%), Vitamin B3: 1.33mg (6.64%), Vitamin A: 291.52IU (5.83%), Calcium: 53.28mg (5.33%), Vitamin B5: 0.49mg (4.93%), Zinc: 0.67mg (4.46%), Vitamin E: 0.25mg (1.65%), Vitamin K: 1.48µg (1.4%), Selenium: 0.98µg (1.4%)