



Avocado Smoothie

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



4

CALORIES



191 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 1 avocado pitted ripe halved
- 3 tablespoons honey
- 8 ice cubes
- 1 cup milk
- 0.5 cup vanilla yogurt

Equipment

- blender

Directions

Combine the avocado, milk, yogurt, honey, and ice cubes in a blender; blend until smooth.

Nutrition Facts

PROTEIN 8.99% **FAT 43.08%** **CARBS 47.93%**

Properties

Glycemic Index:32.57, Glycemic Load:8.22, Inflammation Score:-3, Nutrition Score:7.6234783089679%

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

Nutrients (% of daily need)

Calories: 190.91kcal (9.55%), Fat: 9.72g (14.96%), Saturated Fat: 2.45g (15.32%), Carbohydrates: 24.34g (8.11%), Net Carbohydrates: 20.94g (7.61%), Sugar: 20.42g (22.69%), Cholesterol: 8.85mg (2.95%), Sodium: 48.94mg (2.13%), Alcohol: 0g (100%), Protein: 4.56g (9.13%), Fiber: 3.4g (13.59%), Calcium: 135.21mg (13.52%), Phosphorus: 129.71mg (12.97%), Vitamin B2: 0.22mg (12.77%), Potassium: 410.47mg (11.73%), Folate: 44.39µg (11.1%), Vitamin B5: 1.11mg (11.05%), Vitamin K: 10.77µg (10.25%), Vitamin B6: 0.18mg (9.2%), Vitamin B12: 0.49µg (8.2%), Vitamin E: 1.08mg (7.18%), Magnesium: 27.39mg (6.85%), Vitamin C: 5.35mg (6.48%), Zinc: 0.86mg (5.76%), Copper: 0.11mg (5.51%), Vitamin B1: 0.08mg (5.38%), Vitamin B3: 0.99mg (4.95%), Vitamin D: 0.67µg (4.47%), Manganese: 0.09mg (4.38%), Selenium: 2.99µg (4.27%), Vitamin A: 185.35IU (3.71%), Iron: 0.36mg (2.02%)