



Sweet Sensation Spinach Smoothies

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



8 min.

SERVINGS



2

CALORIES



160 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 1 medium banana
- 9 oz spinach frozen chopped
- 0.5 cup lime
- 1 cup peaches frozen organic sliced cascadian farm®
- 0.5 cup pineapple juice

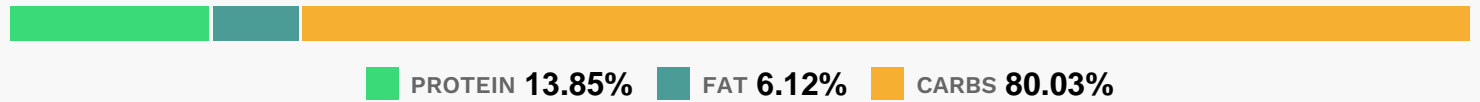
Equipment

- 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 1/4 cup of the cooked spinach and 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:86.51, Glycemic Load:13.22, Inflammation Score:-10, Nutrition Score:27.484782529914%

Flavonoids

Cyanidin: 1.48mg, Cyanidin: 1.48mg, Cyanidin: 1.48mg, Cyanidin: 1.48mg Catechin: 7.39mg, Catechin: 7.39mg, Catechin: 7.39mg, Catechin: 7.39mg Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg Epicatechin: 1.81mg, Epicatechin: 1.81mg, Epicatechin: 1.81mg, Epicatechin: 1.81mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Hesperetin: 10.32mg, Hesperetin: 10.32mg, Hesperetin: 10.32mg, Hesperetin: 10.32mg Naringenin: 0.82mg, Naringenin: 0.82mg, Naringenin: 0.82mg, Naringenin: 0.82mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 160.32kcal (8.02%), Fat: 1.25g (1.92%), Saturated Fat: 0.14g (0.89%), Carbohydrates: 36.71g (12.24%), Net Carbohydrates: 29.53g (10.74%), Sugar: 20.78g (23.09%), Cholesterol: 0mg (0%), Sodium: 106.66mg (4.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.36g (12.71%), Vitamin K: 477.5µg (454.76%), Vitamin A: 15262.92IU (305.26%), Manganese: 1.4mg (70.18%), Folate: 213.94µg (53.49%), Vitamin C: 28.19mg (34.17%), Magnesium: 126.29mg (31.57%), Vitamin E: 4.39mg (29.24%), Fiber: 7.18g (28.71%), Vitamin B6: 0.52mg (26.23%), Potassium: 847.74mg (24.22%), Vitamin B2: 0.37mg (21.76%), Calcium: 186.19mg (18.62%), Iron: 3.15mg (17.52%), Copper: 0.35mg (17.3%), Selenium: 10.02µg (14.31%), Vitamin B1: 0.2mg (13.21%), Phosphorus: 101.47mg (10.15%), Vitamin B3: 1.83mg (9.13%), Zinc: 1.07mg (7.14%), Vitamin B5: 0.52mg (5.2%)