



## Four-Fruit Smoothie



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



172 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

## Ingredients

- ☐ 1.5 cups apple juice
- ☐ 1.8 cups banana chunks frozen cut into 1-in. pieces)
- ☐ 1 cup peaches frozen
- ☐ 1 cup strawberries frozen

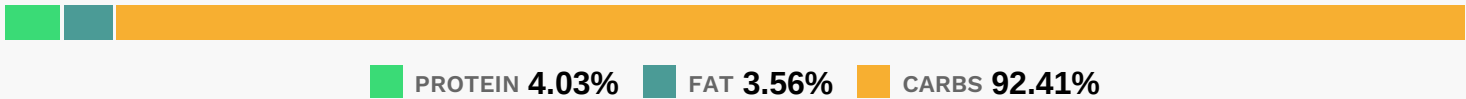
## Equipment

- ☐ blender

# Directions

- ☐ In a blender, whirl 1 1/2 cups apple juice, 1 3/4 cups frozen banana chunks (cut into 1-in. pieces), 1 cup frozen strawberries, and 1 cup frozen peach slices until smoothly pured.
- ☐ Add 1/8 to 1/4 teaspoon almond extract (optional) to taste.
- ☐ Pour into glasses to serve.
- ☐ Nutritional ananysis per cup.

## Nutrition Facts



## Properties

Glycemic Index:58.59, Glycemic Load:18.16, Inflammation Score:-5, Nutrition Score:8.8695653106855%

## Flavonoids

Cyanidin: 1.82mg, Cyanidin: 1.82mg, Cyanidin: 1.82mg, Cyanidin: 1.82mg 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: 10.91mg, Catechin: 10.91mg, Catechin: 10.91mg, Catechin: 10.91mg Epigallocatechin: 0.91mg, Epigallocatechin: 0.91mg, Epigallocatechin: 0.91mg, Epigallocatechin: 0.91mg Epicatechin: 7.26mg, Epicatechin: 7.26mg, Epicatechin: 7.26mg, Epicatechin: 7.26mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

## Nutrients (% of daily need)

Calories: 171.84kcal (8.59%), Fat: 0.73g (1.13%), Saturated Fat: 0.14g (0.89%), Carbohydrates: 42.83g (14.28%), Net Carbohydrates: 38.58g (14.03%), Sugar: 29.26g (32.51%), Cholesterol: 0mg (0%), Sodium: 12.99mg (0.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.87g (3.73%), Vitamin C: 39.06mg (47.34%), Manganese: 0.54mg (27.23%), Vitamin B6: 0.38mg (18.94%), Fiber: 4.25g (17.01%), Potassium: 574.56mg (16.42%), Magnesium: 40.17mg (10.04%), Folate: 32.1µg (8.02%), Copper: 0.15mg (7.31%), Vitamin B2: 0.11mg (6.55%), Vitamin B3: 1.27mg (6.36%), Vitamin B1: 0.08mg (5.13%), Phosphorus: 50.74mg (5.07%), Vitamin B5: 0.49mg (4.92%), Vitamin A: 230.35IU (4.61%), Iron: 0.75mg (4.15%), Vitamin E: 0.61mg (4.09%), Selenium: 2.27µg (3.24%), Vitamin K: 3.03µg (2.89%), Calcium: 24.03mg (2.4%), Zinc: 0.34mg (2.28%)