



Fresh Fruit Smoothie



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



2

CALORIES



157 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 1 handful grapes fresh seedless
- ☐ 0.5 optional: lemon (for tartness if desired)
- ☐ 0.3 teaspoon vitamin c powder (1 capsule)
- ☐ 0.5 cup pineapple chunks
- ☐ 1 pinch salt
- ☐ 0.5 cup soy milk (or other milk)
- ☐ 1 cup strawberries stemmed
- ☐ 0.5 cup grape juice white

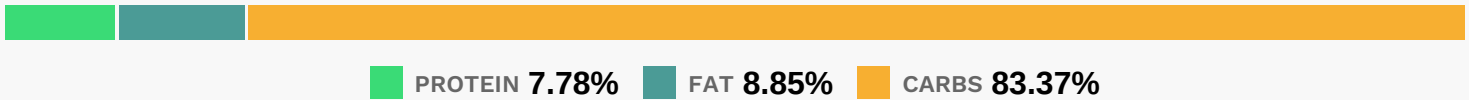
Equipment

☐ blender

Directions

☐ Add all ingredients to blender. Blend until smooth. If you'd like an iced smoothie, blend and then add ice to desired consistency.

Nutrition Facts



Properties

Glycemic Index:118.46, Glycemic Load:5.8, Inflammation Score:-6, Nutrition Score:12.503043335417%

Flavonoids

Cyanidin: 1.77mg, Cyanidin: 1.77mg, Cyanidin: 1.77mg, Cyanidin: 1.77mg Petunidin: 0.72mg, Petunidin: 0.72mg, Petunidin: 0.72mg, Petunidin: 0.72mg Delphinidin: 1.44mg, Delphinidin: 1.44mg, Delphinidin: 1.44mg, Delphinidin: 1.44mg Malvidin: 7.07mg, Malvidin: 7.07mg, Malvidin: 7.07mg, Malvidin: 7.07mg Pelargonidin: 17.9mg, Pelargonidin: 17.9mg, Pelargonidin: 17.9mg, Pelargonidin: 17.9mg Peonidin: 0.71mg, Peonidin: 0.71mg, Peonidin: 0.71mg, Peonidin: 0.71mg Catechin: 2.76mg, Catechin: 2.76mg, Catechin: 2.76mg, Catechin: 2.76mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 157.17kcal (7.86%), Fat: 1.68g (2.58%), Saturated Fat: 0.18g (1.15%), Carbohydrates: 35.6g (11.87%), Net Carbohydrates: 31.93g (11.61%), Sugar: 28.96g (32.17%), Cholesterol: 0mg (0%), Sodium: 107.65mg (4.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.32g (6.64%), Vitamin C: 67.73mg (82.09%), Manganese: 0.46mg (23.2%), Calcium: 150.73mg (15.07%), Fiber: 3.67g (14.67%), Vitamin B6: 0.29mg (14.5%), Vitamin B3: 2.57mg

(12.85%), Potassium: 441.94mg (12.63%), Vitamin E: 1.82mg (12.13%), Copper: 0.24mg (11.99%), Vitamin B2: 0.19mg (11%), Vitamin B1: 0.16mg (10.79%), Folate: 42.84µg (10.71%), Vitamin B12: 0.64µg (10.62%), Vitamin K: 7.76µg (7.39%), Magnesium: 29.5mg (7.37%), Iron: 1.26mg (7.01%), Vitamin A: 306IU (6.12%), Phosphorus: 53.1mg (5.31%), Vitamin D: 0.71µg (4.72%), Selenium: 2.03µg (2.9%), Zinc: 0.39mg (2.59%), Vitamin B5: 0.19mg (1.91%)