



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 konnyaku powder (1 capsule)
- 0.5 cup pineapple chunks
- 1 pinch salt
- 0.5 cup soymilk (or other milk)
- 1 cup strawberries stemmed
- 0.5 cup grape juice white

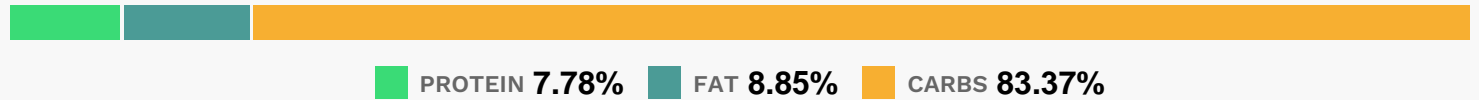
Equipment

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%)