

Fruit Smoothie



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



141 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 1 tablespoon agave syrup (nectar)
- ☐ 1 banana frozen very ripe peeled chopped
- ☐ 1 grapefruit peeled quartered
- ☐ 1 cranberry-orange relish peeled halved
- ☐ 2 peaches pitted peeled halved
- ☐ 0.5 cup whole-milk yogurt plain
- ☐ 8 strawberries hulled

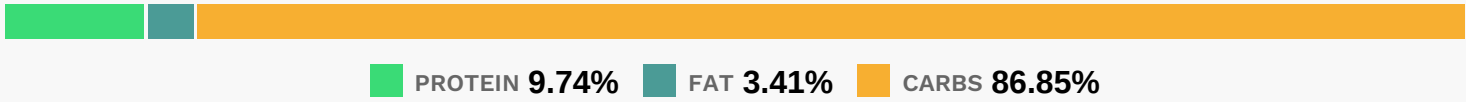
Equipment

☐ blender

Directions

- ☐ Combine all ingredients in a blender and process until very smooth, about 45 seconds. Divide among glasses.
- ☐ Per serving: 137 calories, 1 g fat, 32 g carbohydrates
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:54.38, Glycemic Load:9.77, Inflammation Score:-8, Nutrition Score:10.572608678237%

Flavonoids

Cyanidin: 1.84mg, Cyanidin: 1.84mg, Cyanidin: 1.84mg, Cyanidin: 1.84mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 6.24mg, Catechin: 6.24mg, Catechin: 6.24mg, Catechin: 6.24mg Epigallocatechin: 0.97mg, Epigallocatechin: 0.97mg, Epigallocatechin: 0.97mg, Epigallocatechin: 0.97mg Epicatechin: 1.86mg, Epicatechin: 1.86mg, Epicatechin: 1.86mg, Epicatechin: 1.86mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg Hesperetin: 9.15mg, Hesperetin: 9.15mg, Hesperetin: 9.15mg, Hesperetin: 9.15mg Naringenin: 25.97mg, Naringenin: 25.97mg, Naringenin: 25.97mg, Naringenin: 25.97mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 141.13kcal (7.06%), Fat: 0.58g (0.89%), Saturated Fat: 0.1g (0.65%), Carbohydrates: 33.22g (11.07%), Net Carbohydrates: 29.03g (10.56%), Sugar: 24.46g (27.18%), Cholesterol: 0.61mg (0.2%), Sodium: 34.08mg (1.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.72g (7.45%), Vitamin C: 58.31mg (70.68%), Vitamin A: 1078.09IU (21.56%), Fiber: 4.19g (16.77%), Potassium: 457.81mg (13.08%), Manganese: 0.24mg (12.11%), Vitamin B6: 0.22mg (11.02%), Folate: 39.56µg (9.89%), Calcium: 96.49mg (9.65%), Vitamin B2: 0.16mg (9.61%), Phosphorus: 92.99mg (9.3%), Magnesium: 31.99mg (8%), Vitamin B1: 0.11mg (7.33%), Vitamin B5: 0.69mg (6.89%), Copper:

0.13mg (6.67%), Vitamin B3: 1.19mg (5.95%), Vitamin E: 0.84mg (5.6%), Selenium: 3.39µg (4.84%), Zinc: 0.62mg (4.1%), Vitamin K: 4.17µg (3.97%), Vitamin B12: 0.19µg (3.11%), Iron: 0.55mg (3.04%)