

Fuzzy Orange Smoothie



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



11

CALORIES



22 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 1 small banana ripe sliced
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 2 tablespoons juice of lime fresh
- ☐ 2 tablespoons splenda® no calorie sweetener
- ☐ 0.5 cup orange juice
- ☐ 1 cup peaches frozen
- ☐ 0.5 teaspoon vanilla extract

Equipment

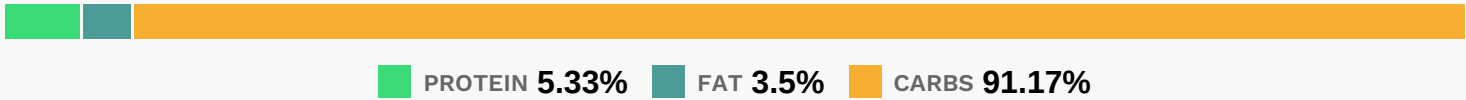
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blender

Directions

- ☐ Combine all ingredients in a blender in the order listed; process mixture until smooth, stopping to scrape down sides.
- ☐ Pour into two glasses and serve immediately.

Nutrition Facts



Properties

Glycemic Index:18.37, Glycemic Load:2.35, Inflammation Score:-1, Nutrition Score:1.3634782601958%

Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Catechin: 1.25mg, Catechin: 1.25mg, Catechin: 1.25mg, Catechin: 1.25mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 1.59mg, Hesperetin: 1.59mg, Hesperetin: 1.59mg, Hesperetin: 1.59mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 22.27kcal (1.11%), Fat: 0.09g (0.14%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 5.47g (1.82%), Net Carbohydrates: 4.96g (1.8%), Sugar: 3.75g (4.17%), Cholesterol: 0mg (0%), Sodium: 2.1mg (0.09%), Alcohol: 0.06g (100%), Alcohol %: 0.21% (100%), Protein: 0.32g (0.64%), Vitamin C: 7.83mg (9.49%), Manganese: 0.04mg (2.19%), Potassium: 76.17mg (2.18%), Vitamin B6: 0.04mg (2.14%), Fiber: 0.51g (2.03%), Folate: 6.33µg (1.58%), Vitamin A: 75.56IU (1.51%), Magnesium: 5.11mg (1.28%), Copper: 0.02mg (1.2%), Vitamin B1: 0.02mg (1.14%), Vitamin B3: 0.22mg (1.12%)