



Gingered Carrot Smoothies

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



134 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 2 cups carrots peeled chopped
- 0.5 cup carrot juice
- 1 tablespoon ginger fresh grated peeled
- 0.3 cup honey
- 1.5 cups ice cubes crushed
- 1 cup greek yogurt plain 2% reduced-fat

Equipment

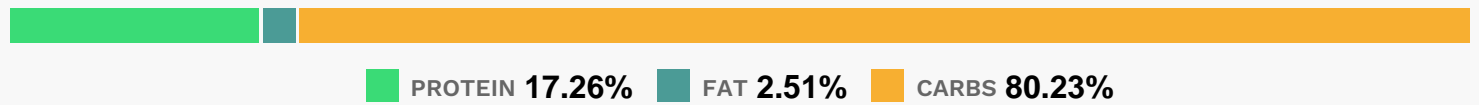
- food processor

- sieve
- blender

Directions

- Place yogurt in a blender.
- Place carrot, carrot juice, and ginger in a food processor. Process until smooth. Strain carrot mixture through a fine sieve; discard solids.
- Add carrot mixture, crushed ice, and honey to blender; process until smooth.

Nutrition Facts



Properties

Glycemic Index:39.28, Glycemic Load:12.25, Inflammation Score:-10, Nutrition Score:10.431304309679%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 134.35kcal (6.72%), Fat: 0.4g (0.61%), Saturated Fat: 0.09g (0.54%), Carbohydrates: 28.46g (9.49%), Net Carbohydrates: 26.35g (9.58%), Sugar: 23.25g (25.83%), Cholesterol: 2.5mg (0.83%), Sodium: 87.14mg (3.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.12g (12.24%), Vitamin A: 16335.42IU (326.71%), Vitamin K: 13.02µg (12.4%), Vitamin B2: 0.2mg (11.91%), Potassium: 379.72mg (10.85%), Phosphorus: 104.23mg (10.42%), Vitamin B6: 0.19mg (9.61%), Calcium: 87.91mg (8.79%), Fiber: 2.11g (8.42%), Vitamin C: 6.48mg (7.85%), Manganese: 0.16mg (7.77%), Selenium: 5.37µg (7.68%), Vitamin B12: 0.35µg (5.83%), Vitamin B1: 0.08mg (5.39%), Vitamin E: 0.77mg (5.16%), Magnesium: 19.37mg (4.84%), Vitamin B3: 0.89mg (4.44%), Folate: 17.46µg (4.36%), Vitamin B5: 0.43mg (4.25%), Copper: 0.08mg (3.83%), Zinc: 0.53mg (3.55%), Iron: 0.46mg (2.57%)