



Go-Getter Green Smoothie

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



200 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 1 cup bagged baby spinach
- 1 cup banana frozen ripe sliced (1 large)
- 5.3 ounce carton greek yogurt fat-free with honey
- 1 cup wedges honeydew melon cubed ()
- 1 kiwifruit cubed peeled
- 0.5 cup vanilla soy milk light

Equipment

- blender

Directions

- Place all ingredients in a blender; process until smooth.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:86.43, Glycemic Load:11.6, Inflammation Score:-9, Nutrition Score:22.006956369981%

Flavonoids

Catechin: 4.57mg, Catechin: 4.57mg, Catechin: 4.57mg, Catechin: 4.57mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 1.51mg, Kaempferol: 1.51mg, Kaempferol: 1.51mg, Kaempferol: 1.51mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 199.57kcal (9.98%), Fat: 2.08g (3.2%), Saturated Fat: 0.34g (2.14%), Carbohydrates: 36.51g (12.17%), Net Carbohydrates: 31.95g (11.62%), Sugar: 24.15g (26.84%), Cholesterol: 3.76mg (1.25%), Sodium: 86.72mg (3.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.66g (23.32%), Vitamin K: 93.63µg (89.17%), Vitamin C: 64.28mg (77.91%), Vitamin A: 1771.51IU (35.43%), Vitamin B6: 0.59mg (29.63%), Vitamin B2: 0.43mg (25.48%), Folate: 96.22µg (24.05%), Potassium: 825.21mg (23.58%), Manganese: 0.41mg (20.57%), Calcium: 205.62mg (20.56%), Vitamin B12: 1.16µg (19.38%), Fiber: 4.56g (18.24%), Vitamin E: 2.48mg (16.55%), Vitamin B3: 3.23mg (16.16%), Phosphorus: 150.84mg (15.08%), Selenium: 10.38µg (14.83%), Magnesium: 56.14mg (14.04%), Copper: 0.24mg (12.24%), Vitamin B1: 0.13mg (8.84%), Vitamin B5: 0.72mg (7.24%), Iron: 1.2mg (6.65%), Zinc: 0.87mg (5.81%), Vitamin D: 0.71µg (4.72%)