



Green Energy



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



1

CALORIES



315 kcal

SIDE DISH

Ingredients

- ☐ 0.5 avocado pitted
- ☐ 1 brazil nuts coarsely chopped
- ☐ 0.3 cucumber roughly chopped
- ☐ 4 sprigs parsley fresh
- ☐ 1 pears halved
- ☐ 1.5 cups pkt spinach
- ☐ 0.5 teaspoon spirulina powder
- ☐ 1 serving water chilled to taste

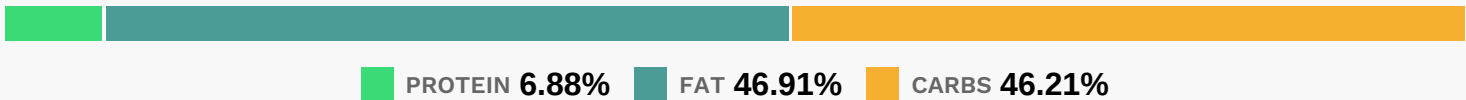
Equipment

- ☐ blender
- ☐ juicer

Directions

- ☐ Mix it up
 - ☐ Feed the pear and cucumber through a juicer.
 - ☐ Pour the juice into a blender, add the spinach, parsley, and avocado, and blend until smooth.
 - ☐ Pour into a glass.
 - ☐ Mix the spirulina with just enough water to make a thick liquid, then swirl it into the juice.
 - ☐ Sprinkle with the chopped brazil nut, then serve.
 - ☐ Ripening avocados
 - ☐ Just-ripe avocados will have the best flavor. If you have one that is slightly underripe, put it in a brown paper bag and store it in a warm place, such as on a sunny windowsill, to help it ripen.
- Avocado benefits
- ☐ Avocados may inhibit the growth of prostate cancer and, being high in oleic acid, may also help to prevent breast cancer. They contain more of the carotenoid lutein than any other commonly consumed fruit. Lutein protects against macular degeneration and cataracts, two disabling age-related eye diseases. Eating avocados may also lower your cholesterol levels and, as an excellent source of glutathione, they even contain antiaging properties.
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Nutrition Facts



Properties

Glycemic Index:165.75, Glycemic Load:9.09, Inflammation Score:-10, Nutrition Score:28.407391506693%

Flavonoids

Cyanidin: 4mg, Cyanidin: 4mg, Cyanidin: 4mg, Cyanidin: 4mg Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg Epicatechin: 7.06mg, Epicatechin: 7.06mg, Epicatechin: 7.06mg, Epicatechin: 7.06mg Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg Epigallocatechin 3–gallate: 0.45mg, Epigallocatechin 3–gallate: 0.45mg, Epigallocatechin 3–gallate: 0.45mg, Epigallocatechin 3–gallate: 0.45mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg Kaempferol: 2.93mg, Kaempferol: 2.93mg, Kaempferol: 2.93mg, Kaempferol: 2.93mg Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg Quercetin: 3.29mg, Quercetin: 3.29mg, Quercetin: 3.29mg, Quercetin: 3.29mg

Nutrients (% of daily need)

Calories: 314.6kcal (15.73%), Fat: 18.07g (27.79%), Saturated Fat: 2.87g (17.94%), Carbohydrates: 40.05g (13.35%), Net Carbohydrates: 25.88g (9.41%), Sugar: 19.32g (21.47%), Cholesterol: 0mg (0%), Sodium: 75.77mg (3.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.96g (11.92%), Vitamin K: 317.67µg (302.54%), Vitamin A: 4810.39IU (96.21%), Fiber: 14.16g (56.66%), Folate: 199.32µg (49.83%), Vitamin C: 38.22mg (46.33%), Manganese: 0.83mg (41.63%), Copper: 0.65mg (32.72%), Potassium: 1110.53mg (31.73%), Magnesium: 107.73mg (26.93%), Vitamin E: 3.54mg (23.57%), Vitamin B6: 0.45mg (22.46%), Vitamin B2: 0.34mg (20.06%), Vitamin B5: 1.77mg (17.7%), Iron: 3.03mg (16.85%), Vitamin B1: 0.23mg (15.43%), Phosphorus: 139.11mg (13.91%), Vitamin B3: 2.75mg (13.74%), Calcium: 103.15mg (10.31%), Zinc: 1.45mg (9.68%), Selenium: 5.34µg (7.62%)