



Green Monster Smoothie



Vegetarian



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



37 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 1 piece ginger fresh peeled coarsely chopped
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 apples i use 2 granny smith apples cored halved cut into large chunks
- ☐ 1 tablespoon honey
- ☐ 1 cup ice cubes
- ☐ 2 oz kale loosely packed trimmed coarsely chopped

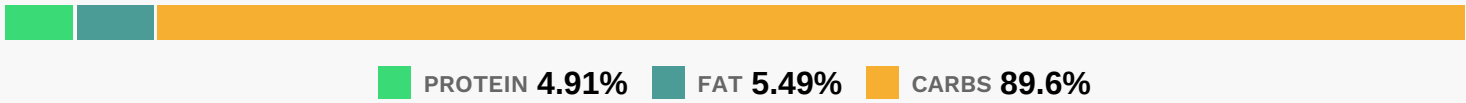
Equipment

- ☐ blender

Directions

- ☐ Place 1 cup kale in a blender; pack down with handle of a large spoon.
- ☐ Add 1/2 cup water. Pulse several times to chop more finely.
- ☐ Add remaining kale and 1/2 cup water and pulse to chop. Stir and pulse again.
- ☐ Add parsley, apple, ginger and honey. Blend, stopping and stirring often, until smooth.
- ☐ Add ice and blend until smooth.

Nutrition Facts



Properties

Glycemic Index:32.65, Glycemic Load:3.19, Inflammation Score:-7, Nutrition Score:6.3830435645321%

Flavonoids

Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 2.74mg, Epicatechin: 2.74mg, Epicatechin: 2.74mg, Epicatechin: 2.74mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Apigenin: 3.45mg, Apigenin: 3.45mg, Apigenin: 3.45mg, Apigenin: 3.45mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 2.68mg, Isorhamnetin: 2.68mg, Isorhamnetin: 2.68mg, Isorhamnetin: 2.68mg Kaempferol: 5.38mg, Kaempferol: 5.38mg, Kaempferol: 5.38mg, Kaempferol: 5.38mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 4.02mg, Quercetin: 4.02mg, Quercetin: 4.02mg, Quercetin: 4.02mg

Nutrients (% of daily need)

Calories: 37.36kcal (1.87%), Fat: 0.25g (0.39%), Saturated Fat: 0.04g (0.22%), Carbohydrates: 9.34g (3.11%), Net Carbohydrates: 7.91g (2.88%), Sugar: 7.36g (8.18%), Cholesterol: 0mg (0%), Sodium: 9.99mg (0.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.51g (1.02%), Vitamin K: 71.27µg (67.87%), Vitamin A: 1287.29IU (25.75%), Vitamin C: 14.48mg (17.56%), Fiber: 1.43g (5.71%), Manganese: 0.1mg (4.83%), Calcium: 35.09mg (3.51%), Vitamin B2: 0.05mg (3.09%), Potassium: 95.27mg (2.72%), Folate: 10.79µg (2.7%), Iron: 0.35mg (1.95%), Magnesium: 7.52mg (1.88%), Vitamin B6: 0.04mg (1.81%), Copper: 0.03mg (1.52%), Vitamin B1: 0.02mg (1.38%), Phosphorus: 11.81mg (1.18%), Vitamin E: 0.16mg (1.04%), Vitamin B3: 0.2mg (1.02%)