

health-score 53%

HEALTH SCORE

Green Morning Smoothie

 Vegetarian  Gluten Free  Dairy Free

READY IN

ready

5 min.

SERVINGS

servings

4

CALORIES

calories

196 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 1 cup baby spinach loosely packed
- ☐ 2 bananas
- ☐ 1 tablespoon honey
- ☐ 1 cup ice cubes
- ☐ 1.3 cups mango cubes fresh frozen canned
- ☐ 0.5 cup oats whole
- ☐ 2 cups soy milk
- ☐ 1 teaspoon vanilla extract

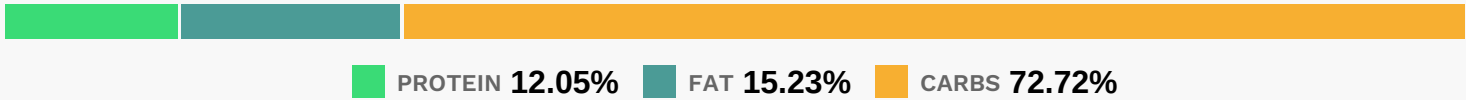
Equipment

☐ blender

Directions

- ☐ Watch how to make this recipe.
- ☐ Place the milk and oats in a blender and blend for 15 seconds on high.
- ☐ Add the peaches, ice, spinach, honey, vanilla and bananas and blend until very smooth, 45 seconds.
- ☐ Serve in glasses.

Nutrition Facts



Properties

Glycemic Index:66.05, Glycemic Load:15.93, Inflammation Score:-9, Nutrition Score:18.13608708589%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 4.49mg, Catechin: 4.49mg, Catechin: 4.49mg, Catechin: 4.49mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 195.52kcal (9.78%), Fat: 3.43g (5.28%), Saturated Fat: 0.47g (2.96%), Carbohydrates: 36.84g (12.28%), Net Carbohydrates: 32.81g (11.93%), Sugar: 21.82g (24.24%), Cholesterol: 0mg (0%), Sodium: 69.9mg (3.04%), Alcohol: 0.34g (100%), Alcohol %: 0.14% (100%), Protein: 6.1g (12.21%), Vitamin C: 34.53mg (41.86%), Vitamin K: 38.89µg (37.04%), Vitamin A: 1762.68IU (35.25%), Manganese: 0.63mg (31.67%), Vitamin B6: 0.58mg (28.96%), Vitamin E: 3.69mg (24.61%), Vitamin B3: 4.8mg (24%), Folate: 89.63µg (22.41%), Vitamin B12: 1.27µg (21.24%), Vitamin B2: 0.33mg (19.43%), Calcium: 188.72mg (18.87%), Fiber: 4.03g (16.12%), Potassium: 546.97mg (15.63%), Copper: 0.31mg (15.49%), Vitamin B1: 0.16mg (10.56%), Magnesium: 41.81mg (10.45%), Selenium: 6.66µg (9.51%), Vitamin D: 1.42µg (9.44%), Iron: 1.47mg (8.17%), Phosphorus: 65.7mg (6.57%), Zinc: 0.85mg (5.64%), Vitamin B5:

0.42mg (4.21%)