



Green Slime Smoothie

 Vegetarian  Gluten Free  Dairy Free

READY IN



65 min.

SERVINGS



4

CALORIES



85 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 1 banana
- 2 tablespoons honey
- 0.5 cup ice cubes
- 2 cups pkt spinach
- 2 cups strawberries frozen

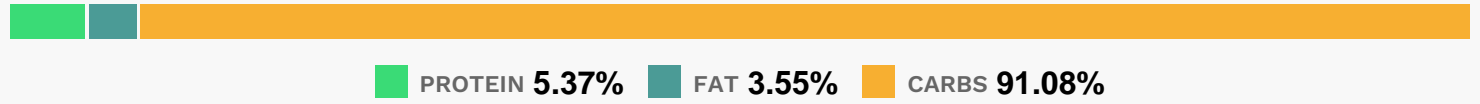
Equipment

- blender

Directions

- Place the spinach in the freezer until frozen, at least 1 hour.
- Combine the spinach, strawberries, banana, honey, and ice in a blender. Blend until smooth.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:44.76, Glycemic Load:9.48, Inflammation Score:-8, Nutrition Score:11.530434795048%

Flavonoids

Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 4.04mg, Catechin: 4.04mg, Catechin: 4.04mg, Catechin: 4.04mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 1.35mg, Kaempferol: 1.35mg, Kaempferol: 1.35mg, Kaempferol: 1.35mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 84.67kcal (4.23%), Fat: 0.37g (0.57%), Saturated Fat: 0.05g (0.33%), Carbohydrates: 21.45g (7.15%), Net Carbohydrates: 18.89g (6.87%), Sugar: 15.8g (17.56%), Cholesterol: 0mg (0%), Sodium: 14.76mg (0.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.26g (2.53%), Vitamin K: 74.18µg (70.65%), Vitamin C: 49.17mg (59.6%), Vitamin A: 1434.07IU (28.68%), Manganese: 0.5mg (25.03%), Folate: 52.49µg (13.12%), Fiber: 2.56g (10.23%), Potassium: 304.93mg (8.71%), Vitamin B6: 0.17mg (8.69%), Magnesium: 29.68mg (7.42%), Iron: 0.82mg (4.57%), Copper: 0.09mg (4.28%), Vitamin B2: 0.07mg (4.1%), Vitamin E: 0.54mg (3.62%), Phosphorus: 31.54mg (3.15%), Vitamin B3: 0.6mg (2.98%), Calcium: 29.36mg (2.94%), Vitamin B1: 0.04mg (2.54%), Vitamin B5: 0.21mg (2.05%), Zinc: 0.25mg (1.67%), Selenium: 0.82µg (1.17%)