

Green Tea Fruit Medley Smoothie

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



45 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 1 cup water
- 3 tea bags green bigelow®
- 1 cup strawberries fresh
- 0.3 cup pineapple juice
- 0.5 cup vanilla yogurt
- 0.5 cup ice cubes

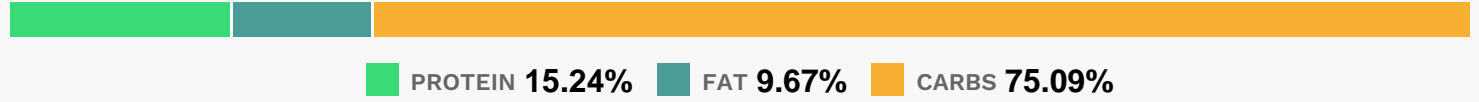
Equipment

- blender

Directions

- Prepare tea by steeping 3 Bigelow Green tea bags in 1 cup of boiling water for 5 minutes. Squeeze out bags and discard.
- Combine tea and remaining ingredients in blender and blend until smooth.

Nutrition Facts



Properties

Glycemic Index:21.5, Glycemic Load:1.68, Inflammation Score:-2, Nutrition Score:3.8304347826087%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Taste

Sweetness: 100%, Saltiness: 39.04%, Sourness: 55.84%, Bitterness: 50.41%, Savoriness: 17.43%, Fattiness: 21.92%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 45.37kcal (2.27%), Fat: 0.51g (0.78%), Saturated Fat: 0.25g (1.58%), Carbohydrates: 8.89g (2.96%), Net Carbohydrates: 8.14g (2.96%), Sugar: 7.46g (8.29%), Cholesterol: 1.53mg (0.51%), Sodium: 25.3mg (1.1%), Protein: 1.8g (3.61%), Vitamin C: 22.89mg (27.74%), Manganese: 0.21mg (10.73%), Calcium: 62.71mg (6.27%), Phosphorus: 51.16mg (5.12%), Vitamin B2: 0.07mg (4.27%), Potassium: 141.32mg (4.04%), Folate: 14.66µg (3.67%), Magnesium: 12.24mg (3.06%), Fiber: 0.75g (3%), Vitamin B12: 0.16µg (2.71%), Selenium: 1.66µg (2.37%), Copper: 0.05mg (2.28%), Vitamin B6: 0.05mg (2.27%), Vitamin B5: 0.22mg (2.22%), Zinc: 0.33mg (2.2%), Vitamin B1: 0.03mg (2%), Iron: 0.21mg (1.19%), Vitamin B3: 0.2mg (1.01%)