



Green Tea-Kiwi and Mango Smoothie

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



211 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 0.5 cup baby spinach packed
- ☐ 0.8 cup vanilla yogurt fat-free divided
- ☐ 0.3 cup honey divided
- ☐ 2 cups ice cubes
- ☐ 3 kiwifruit ripe peeled quartered
- ☐ 0.5 teaspoon lime rind grated
- ☐ 2.5 cups mangos diced frozen
- ☐ 2 tablespoons bottled tea green

☐ 2 tablespoons water

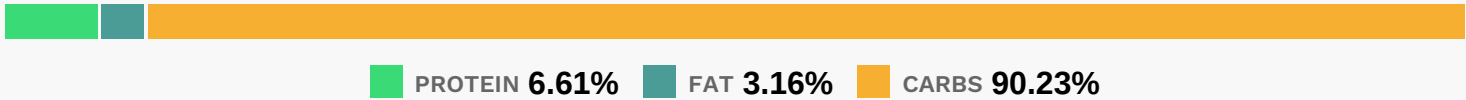
Equipment

☐ blender

Directions

- ☐ Place mango, 1/2 cup yogurt, 2 tablespoons honey, 2 tablespoons water, and lime rind in a blender; process until smooth, stirring occasionally. Divide mango mixture into each of 4 serving glasses; place glasses in freezer.
- ☐ Rinse blender container.
- ☐ Place 1/4 cup yogurt, 2 tablespoons honey, kiwifruit, and next 3 ingredients in blender; process until smooth, stirring occasionally. Gently spoon green tea-kiwi mixture onto mango mixture in reserved glasses, working carefully around inside of each glass to create a clean horizontal line.
- ☐ Garnish with kiwifruit slices, and stir to combine flavors, if desired.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:55.17, Glycemic Load:20.23, Inflammation Score:-9, Nutrition Score:14.698695576709%

Flavonoids

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Nutrients (% of daily need)

Calories: 210.52kcal (10.53%), Fat: 0.8g (1.23%), Saturated Fat: 0.17g (1.07%), Carbohydrates: 51.39g (17.13%), Net Carbohydrates: 47.57g (17.3%), Sugar: 46.41g (51.56%), Cholesterol: 0.92mg (0.31%), Sodium: 41.41mg (1.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.76g (7.53%), Vitamin C: 90.07mg (109.18%), Vitamin K: 50.46µg (48.05%), Vitamin A: 1532.47IU (30.65%), Folate: 74.31µg (18.58%), Fiber: 3.83g (15.32%), Vitamin E: 1.92mg (12.8%), Potassium: 432.44mg (12.36%), Copper: 0.24mg (12.23%), Calcium: 113.9mg (11.39%), Manganese: 0.21mg (10.74%), Vitamin B6: 0.2mg (9.76%), Phosphorus: 95.11mg (9.51%), Vitamin B2: 0.16mg (9.13%), Magnesium: 33mg (8.25%), Selenium: 3.72µg (5.31%), Vitamin B3: 1.04mg (5.21%), Vitamin B1: 0.07mg (4.58%), Zinc: 0.61mg (4.06%), Vitamin B12: 0.22µg (3.6%), Vitamin B5: 0.35mg (3.46%), Iron: 0.55mg (3.08%)