



Groovy Green Smoothie

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



2

CALORIES



206 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 0.5 apples cored chopped
- 1 banana cut in chunks
- 1 cup grapes
- 1.5 cups pkt spinach fresh
- 6 ounce vanilla yogurt

Equipment

- blender

Directions

- Place the banana, grapes, yogurt, apple and spinach into a blender. Cover, and blend until smooth, stopping frequently to push down anything stuck to the sides.
- Pour into glasses and serve.

Nutrition Facts

 **PROTEIN 11.05%**  **FAT 6.25%**  **CARBS 82.7%**

Properties

Glycemic Index:82.39, Glycemic Load:14.26, Inflammation Score:-9, Nutrition Score:16.876521815424%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 4.19mg, Catechin: 4.19mg, Catechin: 4.19mg, Catechin: 4.19mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.44mg, Epicatechin: 3.44mg, Epicatechin: 3.44mg, Epicatechin: 3.44mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 1.56mg, Kaempferol: 1.56mg, Kaempferol: 1.56mg, Kaempferol: 1.56mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.75mg, Quercetin: 2.75mg, Quercetin: 2.75mg, Quercetin: 2.75mg

Nutrients (% of daily need)

Calories: 205.73kcal (10.29%), Fat: 1.54g (2.37%), Saturated Fat: 0.82g (5.12%), Carbohydrates: 45.95g (15.32%), Net Carbohydrates: 42.15g (15.33%), Sugar: 35.46g (39.4%), Cholesterol: 4.25mg (1.42%), Sodium: 76.46mg (3.32%), Alcohol: 0g (100%), Protein: 6.14g (12.28%), Vitamin K: 121.08µg (115.31%), Vitamin A: 2258.56IU (45.17%), Manganese: 0.43mg (21.7%), Potassium: 715.92mg (20.45%), Vitamin C: 16.64mg (20.18%), Vitamin B6: 0.38mg (19.11%), Vitamin B2: 0.32mg (18.9%), Calcium: 180.94mg (18.09%), Folate: 67.68µg (16.92%), Phosphorus: 158.93mg (15.89%), Fiber: 3.8g (15.2%), Magnesium: 54.87mg (13.72%), Copper: 0.19mg (9.72%), Vitamin B1: 0.13mg (8.76%), Vitamin B12: 0.45µg (7.51%), Vitamin B5: 0.75mg (7.47%), Selenium: 5.06µg (7.23%), Zinc: 0.98mg (6.56%), Iron: 1.15mg (6.38%), Vitamin E: 0.76mg (5.05%), Vitamin B3: 0.83mg (4.15%)