



Hala Kahiki Green Smoothie



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



10 min.

SERVINGS



2

CALORIES



162 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients



1 cup ice cubes crushed



2 oranges peeled



1 cup pineapple fresh chopped



1 cup grapes red seedless



2 cups pkt spinach fresh



1 cup water

Equipment

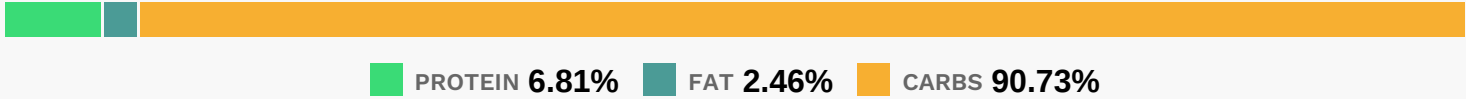


blender

Directions

 Blend oranges, spinach, water, pineapple, grapes, ice, and flax seed in a blender until smooth.

Nutrition Facts



Properties

Glycemic Index:89.58, Glycemic Load:17.01, Inflammation Score:-10, Nutrition Score:22.113912940025%

Flavonoids

Hesperetin: 35.7mg, Hesperetin: 35.7mg, Hesperetin: 35.7mg, Hesperetin: 35.7mg Naringenin: 20.07mg, Naringenin: 20.07mg, Naringenin: 20.07mg, Naringenin: 20.07mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Kaempferol: 2.08mg, Kaempferol: 2.08mg, Kaempferol: 2.08mg, Kaempferol: 2.08mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg

Nutrients (% of daily need)

Calories: 161.82kcal (8.09%), Fat: 0.49g (0.76%), Saturated Fat: 0.09g (0.54%), Carbohydrates: 41.02g (13.67%), Net Carbohydrates: 35.38g (12.87%), Sugar: 32.2g (35.78%), Cholesterol: 0mg (0%), Sodium: 37.86mg (1.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.08g (6.16%), Vitamin K: 156.5µg (149.05%), Vitamin C: 119.97mg (145.42%), Vitamin A: 3205.53IU (64.11%), Manganese: 1.12mg (56.01%), Folate: 113.86µg (28.47%), Fiber: 5.64g (22.55%), Potassium: 638.64mg (18.25%), Vitamin B1: 0.25mg (16.98%), Copper: 0.32mg (16.12%), Vitamin B6: 0.29mg (14.72%), Magnesium: 54.35mg (13.59%), Vitamin B2: 0.19mg (11.08%), Calcium: 107.47mg (10.75%), Iron: 1.46mg (8.08%), Vitamin E: 1mg (6.7%), Vitamin B3: 1.14mg (5.71%), Vitamin B5: 0.56mg (5.6%), Phosphorus: 54.74mg (5.47%), Zinc: 0.43mg (2.84%), Selenium: 1.11µg (1.59%)