



## Healthy Vegan Shamrock Shake



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



5 min.

SERVINGS



1

CALORIES



330 kcal

BEVERAGE

DRINK

### Ingredients

- ☐ 1 ounce avocado small to medium ( )
- ☐ 1 a handful of baby spinach
- ☐ 0.5 cup coconut milk beverage unsweetened as needed
- ☐ 0.1 teaspoon peppermint extract
- ☐ 1 serving sweetener sugar-free for options, including to taste (see note below )
- ☐ 0.3 teaspoon vanilla extract

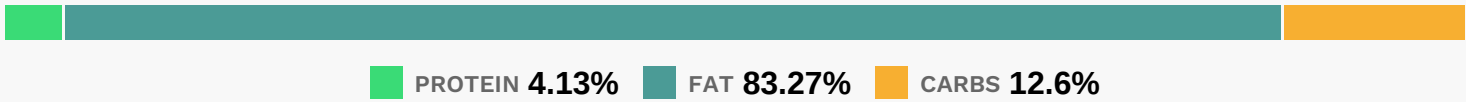
### Equipment

- ☐ blender

# Directions

☐ Add all ingredients to your blender, ensuring that the avocado and lettuce are closest to the blades and the frozen banana is furthest from the blades. Blend about 1 minute or until it is nice and smooth. If it gets too thick to blend, add a little more milk alternative to get things moving.

## Nutrition Facts



## Properties

Glycemic Index:40, Glycemic Load:0.21, Inflammation Score:-9, Nutrition Score:14.041738904041%

## Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

## Nutrients (% of daily need)

Calories: 330.44kcal (16.52%), Fat: 32.81g (50.48%), Saturated Fat: 25.93g (162.09%), Carbohydrates: 11.18g (3.73%), Net Carbohydrates: 5.3g (1.93%), Sugar: 4.97g (5.52%), Cholesterol: 0mg (0%), Sodium: 22.36mg (0.97%), Alcohol: 0.52g (100%), Alcohol %: 0.37% (100%), Protein: 3.66g (7.32%), Manganese: 1.19mg (59.32%), Vitamin A: 2480.19IU (49.6%), Vitamin K: 34.77µg (33.12%), Fiber: 5.13g (20.51%), Folate: 80.24µg (20.06%), Copper: 0.39mg (19.38%), Potassium: 524.48mg (14.99%), Phosphorus: 143.23mg (14.32%), Magnesium: 56.72mg (14.18%), Iron: 2.4mg (13.32%), Selenium: 7.67µg (10.95%), Vitamin C: 7.32mg (8.87%), Vitamin B3: 1.5mg (7.5%), Zinc: 1.05mg (7.01%), Vitamin B6: 0.13mg (6.68%), Vitamin B5: 0.65mg (6.54%), Vitamin E: 0.8mg (5.35%), Vitamin B1: 0.07mg (4.7%), Vitamin B2: 0.06mg (3.36%), Calcium: 32.01mg (3.2%)