



Icy Tropical Smoothies



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



139 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients



1 cup mangos frozen organic



2 cups orange juice



1 cup pineapple chunks frozen organic



2 cups strawberries unsweetened whole frozen organic

Equipment

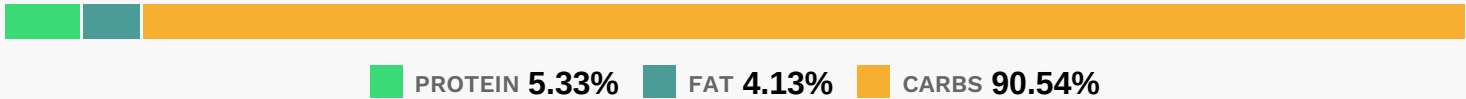


blender

Directions

- ☐ Place all ingredients in a blender; process until smooth.
- ☐ Serve immediately.
- ☐ Let your kids measure out the juice and the fruit for you.

Nutrition Facts



Properties

Glycemic Index:35.94, Glycemic Load:11.07, Inflammation Score:-8, Nutrition Score:11.145652242329%

Flavonoids

Cyanidin: 1.25mg, Cyanidin: 1.25mg, Cyanidin: 1.25mg, Cyanidin: 1.25mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 17.9mg, Pelargonidin: 17.9mg, Pelargonidin: 17.9mg, Pelargonidin: 17.9mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.95mg, Catechin: 2.95mg, Catechin: 2.95mg, Catechin: 2.95mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 14.82mg, Hesperetin: 14.82mg, Hesperetin: 14.82mg, Hesperetin: 14.82mg Naringenin: 2.84mg, Naringenin: 2.84mg, Naringenin: 2.84mg, Naringenin: 2.84mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 139.08kcal (6.95%), Fat: 0.69g (1.06%), Saturated Fat: 0.08g (0.52%), Carbohydrates: 33.82g (11.27%), Net Carbohydrates: 30.7g (11.16%), Sugar: 28.02g (31.14%), Cholesterol: 0mg (0%), Sodium: 2.96mg (0.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.99g (3.98%), Vitamin C: 124.91mg (151.41%), Folate: 75.17µg (18.79%), Manganese: 0.32mg (16.06%), Vitamin A: 732.54IU (14.65%), Potassium: 500.8mg (14.31%), Vitamin B1: 0.2mg (13.38%), Fiber: 3.12g (12.47%), Copper: 0.2mg (9.91%), Magnesium: 36mg (9%), Vitamin B6: 0.18mg (8.84%), Vitamin B3: 1.22mg (6.09%), Phosphorus: 48.28mg (4.83%), Vitamin B2: 0.08mg (4.77%), Iron: 0.77mg (4.3%), Vitamin E: 0.64mg (4.28%), Vitamin B5: 0.41mg (4.07%), Calcium: 39.16mg (3.92%), Vitamin K: 3.85µg (3.67%), Zinc:

0.26mg (1.73%), Selenium: 0.9µg (1.28%)