



Island Sunrise Smoothie

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



129 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 1 tablespoon honey
- 2 teaspoons juice of lime fresh
- 1 cup mangos frozen cubed ()
- 0.5 cup orange juice
- 2 cups papaya chopped
- 1 pinch salt
- 1 cup strawberries frozen

Equipment

blender

Directions

- Place first 5 ingredients in a blender; process until smooth.
- Add mango and strawberries; process until smooth.
- To your Health Papayas are full of potassium--just what you need to avoid muscle cramps after a workout. Potassium helps keep your blood pressure on an even keel, too.

Nutrition Facts

 PROTEIN 4.33%  FAT 4.32%  CARBS 91.35%

Properties

Glycemic Index:84.92, Glycemic Load:15.09, Inflammation Score:-9, Nutrition Score:11.353043473285%

Flavonoids

Cyanidin: 0.86mg, Cyanidin: 0.86mg, Cyanidin: 0.86mg, Cyanidin: 0.86mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg Pelargonidin: 11.94mg, Pelargonidin: 11.94mg, Pelargonidin: 11.94mg, Pelargonidin: 11.94mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 2.44mg, Catechin: 2.44mg, Catechin: 2.44mg, Catechin: 2.44mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 5.24mg, Hesperetin: 5.24mg, Hesperetin: 5.24mg, Hesperetin: 5.24mg Naringenin: 1.02mg, Naringenin: 1.02mg, Naringenin: 1.02mg, Naringenin: 1.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 129.21kcal (6.46%), Fat: 0.68g (1.05%), Saturated Fat: 0.14g (0.9%), Carbohydrates: 32.36g (10.79%), Net Carbohydrates: 28.83g (10.48%), Sugar: 26.46g (29.4%), Cholesterol: 0mg (0%), Sodium: 22.18mg (0.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.54g (3.07%), Vitamin C: 126.79mg (153.68%), Vitamin A: 1571.86IU (31.44%), Folate: 82.58µg (20.64%), Fiber: 3.54g (14.15%), Manganese: 0.27mg (13.46%), Potassium: 425.92mg (12.17%), Magnesium: 36.29mg (9.07%), Copper: 0.15mg (7.39%), Vitamin B6: 0.14mg (7.15%), Vitamin E: 0.94mg

(6.25%), Vitamin B1: 0.09mg (5.76%), Vitamin K: 5.85µg (5.58%), Vitamin B3: 1.07mg (5.32%), Vitamin B5: 0.43mg (4.34%), Vitamin B2: 0.07mg (4.25%), Calcium: 37.84mg (3.78%), Phosphorus: 36.33mg (3.63%), Iron: 0.63mg (3.52%), Selenium: 1.18µg (1.69%), Zinc: 0.23mg (1.53%)