



Jack's Purple Smoothie



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



4

CALORIES



152 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 1 cup apple juice
- ☐ 1 banana peeled cut into chunks
- ☐ 1 cup blueberries unsweetened frozen
- ☐ 1 cup greek yogurt
- ☐ 1 cup mangos frozen
- ☐ 1 cup pineapple frozen

Equipment

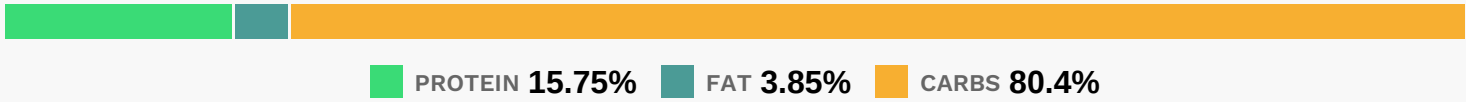
- ☐ blender

☐ drinking straws

Directions

- ☐ Add the apple juice, Greek yogurt, blueberries, mangos, pineapple and banana to a blender. Blend until smooth.
- ☐ Pour into glasses and garnish with a fun straw.

Nutrition Facts



Properties

Glycemic Index:61.49, Glycemic Load:13.55, Inflammation Score:-6, Nutrition Score:10.0778260542%

Flavonoids

Cyanidin: 3.18mg, Cyanidin: 3.18mg, Cyanidin: 3.18mg, Cyanidin: 3.18mg Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg Delphinidin: 13.12mg, Delphinidin: 13.12mg, Delphinidin: 13.12mg, Delphinidin: 13.12mg Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg Catechin: 5.24mg, Catechin: 5.24mg, Catechin: 5.24mg, Catechin: 5.24mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 3.16mg, Epicatechin: 3.16mg, Epicatechin: 3.16mg, Epicatechin: 3.16mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg Quercetin: 3.27mg, Quercetin: 3.27mg, Quercetin: 3.27mg, Quercetin: 3.27mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 151.74kcal (7.59%), Fat: 0.69g (1.06%), Saturated Fat: 0.15g (0.95%), Carbohydrates: 32.51g (10.84%), Net Carbohydrates: 29.49g (10.72%), Sugar: 24.6g (27.33%), Cholesterol: 2.5mg (0.83%), Sodium: 21.97mg (0.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.37g (12.74%), Vitamin C: 41.45mg (50.24%), Manganese: 0.66mg (33.14%), Vitamin B6: 0.27mg (13.3%), Vitamin B2: 0.22mg (12.74%), Fiber: 3.02g (12.07%), Potassium: 381.48mg (10.9%), Vitamin A: 511.73IU (10.23%), Phosphorus: 92.35mg (9.23%), Folate: 36.78µg (9.2%), Vitamin K: 9.31µg (8.87%), Selenium: 5.63µg (8.05%), Copper: 0.15mg (7.56%), Calcium: 74.06mg (7.41%), Magnesium: 27.86mg (6.97%), Vitamin B1: 0.09mg (6.07%), Vitamin B12: 0.35µg (5.83%), Vitamin B5: 0.51mg (5.09%), Vitamin B3: 0.98mg (4.92%), Vitamin E: 0.63mg (4.21%), Zinc: 0.47mg (3.12%), Iron: 0.48mg (2.64%)