



Janie's Amazing Smoothie

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

5 min.

SERVINGS

servings

10

CALORIES

calories

15 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 5 ice cubes
- ☐ 1 cup orange juice
- ☐ 2 tablespoons granular sucrolose sweetener splenda® (such as)
- ☐ 0.8 teaspoon vanilla extract
- ☐ 1 zucchini cubed

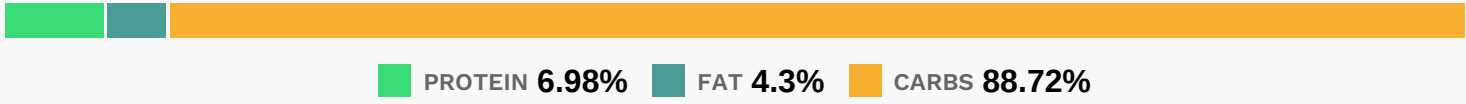
Equipment

- ☐ blender

Directions

- Place the zucchini, ice cubes, orange juice, sweetener, and vanilla extract into a blender. Cover, and blend until smooth, about 1 minute.

Nutrition Facts



Properties

Glycemic Index:6.7, Glycemic Load:1.38, Inflammation Score:-2, Nutrition Score:1.9247826337814%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.96mg, Hesperetin: 2.96mg, Hesperetin: 2.96mg, Hesperetin: 2.96mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 15.36kcal (0.77%), Fat: 0.11g (0.17%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 5.23g (1.74%), Net Carbohydrates: 3.48g (1.27%), Sugar: 3.11g (3.46%), Cholesterol: 0mg (0%), Sodium: 2.19mg (0.1%), Alcohol: 0.1g (100%), Alcohol %: 0.24% (100%), Protein: 0.41g (0.82%), Vitamin C: 15.91mg (19.28%), Folate: 12.14µg (3.04%), Potassium: 101.2mg (2.89%), Vitamin B6: 0.04mg (2.1%), Vitamin B1: 0.03mg (2.08%), Manganese: 0.04mg (1.94%), Vitamin A: 88.8IU (1.78%), Magnesium: 6.36mg (1.59%), Vitamin B2: 0.03mg (1.54%), Phosphorus: 11.68mg (1.17%), Copper: 0.02mg (1.13%)