

Kale blueberry orange Bliss



HEALTH SCORE

100%

Kale Blueberry Orange Bliss Smoothie



Vegetarian



Gluten Free



Dairy Free



Very Healthy

READY IN

**5 min.**

SERVINGS

**4**

CALORIES

**135 kcal**

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients



1 banana



0.5 cup blueberries frozen



1 cup coconut milk beverage plain



2 cups coconut water



5 big leaves kale



0.5 cup mangos frozen



2 oranges



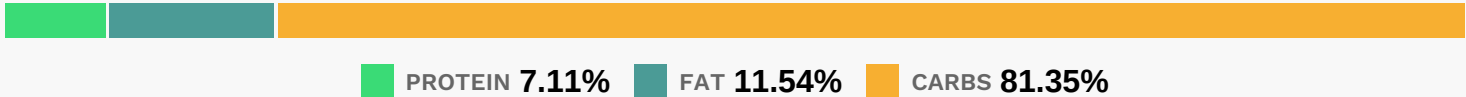
0.5 cup pineapple frozen (10 cubes)

Equipment

Directions

☐ Blend and enjoy!!!

Nutrition Facts



Properties

Glycemic Index:83.67, Glycemic Load:11.36, Inflammation Score:-10, Nutrition Score:20.723912912866%

Flavonoids

Cyanidin: 1.59mg, Cyanidin: 1.59mg, Cyanidin: 1.59mg, Cyanidin: 1.59mg Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg Delphinidin: 6.56mg, Delphinidin: 6.56mg, Delphinidin: 6.56mg, Delphinidin: 6.56mg Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg Catechin: 3.13mg, Catechin: 3.13mg, Catechin: 3.13mg, Catechin: 3.13mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Hesperetin: 17.85mg, Hesperetin: 17.85mg, Hesperetin: 17.85mg, Hesperetin: 17.85mg Naringenin: 10.03mg, Naringenin: 10.03mg, Naringenin: 10.03mg, Naringenin: 10.03mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 3.24mg, Isorhamnetin: 3.24mg, Isorhamnetin: 3.24mg, Isorhamnetin: 3.24mg Kaempferol: 6.87mg, Kaempferol: 6.87mg, Kaempferol: 6.87mg, Kaempferol: 6.87mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 4.86mg, Quercetin: 4.86mg, Quercetin: 4.86mg, Quercetin: 4.86mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 135.09kcal (6.75%), Fat: 1.89g (2.91%), Saturated Fat: 1.28g (8.02%), Carbohydrates: 29.96g (9.99%), Net Carbohydrates: 24.43g (8.88%), Sugar: 21.38g (23.76%), Cholesterol: 0mg (0%), Sodium: 134.18mg (5.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.62g (5.24%), Vitamin D: 29.5µg (196.67%), Vitamin C: 72.3mg (87.63%), Vitamin K: 58.35µg (55.57%), Vitamin A: 1784.99IU (35.7%), Manganese: 0.62mg (31.17%), Fiber: 5.53g (22.11%), Potassium: 643.49mg (18.39%), Magnesium: 64.52mg (16.13%), Folate: 57.27µg (14.32%), Vitamin B6: 0.26mg (13.17%), Vitamin B12: 0.74µg (12.29%), Calcium: 122mg (12.2%), Vitamin B2: 0.19mg (10.93%), Vitamin B1: 0.15mg (9.77%), Copper: 0.16mg (8.19%), Phosphorus: 53.98mg (5.4%), Vitamin B3: 0.96mg (4.79%), Iron: 0.85mg (4.75%), Vitamin B5: 0.43mg (4.34%), Vitamin E: 0.53mg (3.56%), Zinc: 0.48mg (3.23%), Selenium: 2.11µg (3.01%)