



Kale Orange Banana Smoothie

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy  Popular  Low Fod Map

READY IN



10 min.

SERVINGS



1

CALORIES



275 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 2 bananas ripe peeled
- 1 leaf kale
- 1 cranberry-orange relish peeled
- 0.5 cup water

Equipment

- blender

Directions

- Blend the orange in a blender until mostly juice.
- Add the water and kale; blend again on High speed until kale is liquefied.
- Break the bananas into chunks and add to the blender. Start blending on a lower speed until the banana is incorporated. Increase speed to blend the mixture into a pudding-like texture.

Nutrition Facts

 **PROTEIN 5.4%**  **FAT 3.24%**  **CARBS 91.36%**

Properties

Glycemic Index:129.28, Glycemic Load:31.36, Inflammation Score:-10, Nutrition Score:20.442608511966%

Flavonoids

Catechin: 14.4mg, Catechin: 14.4mg, Catechin: 14.4mg, Catechin: 14.4mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 35.7mg, Hesperetin: 35.7mg, Hesperetin: 35.7mg, Hesperetin: 35.7mg Naringenin: 20.07mg, Naringenin: 20.07mg, Naringenin: 20.07mg, Naringenin: 20.07mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 2.6mg, Isorhamnetin: 2.6mg, Isorhamnetin: 2.6mg, Isorhamnetin: 2.6mg Kaempferol: 5.58mg, Kaempferol: 5.58mg, Kaempferol: 5.58mg, Kaempferol: 5.58mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 3.21mg, Quercetin: 3.21mg, Quercetin: 3.21mg, Quercetin: 3.21mg

Nutrients (% of daily need)

Calories: 275.46kcal (13.77%), Fat: 1.1g (1.69%), Saturated Fat: 0.3g (1.9%), Carbohydrates: 69.75g (23.25%), Net Carbohydrates: 60.02g (21.83%), Sugar: 41.13g (45.7%), Cholesterol: 0mg (0%), Sodium: 14.1mg (0.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.13g (8.25%), Vitamin C: 100.5mg (121.82%), Vitamin B6: 0.96mg (48.04%), Vitamin K: 44.08µg (41.98%), Fiber: 9.73g (38.92%), Manganese: 0.74mg (37.12%), Potassium: 1120.27mg (32.01%), Vitamin A: 1544.69IU (30.89%), Folate: 93.32µg (23.33%), Magnesium: 81.63mg (20.41%), Vitamin B2: 0.26mg (15.46%), Copper: 0.27mg (13.39%), Vitamin B1: 0.2mg (13.3%), Vitamin B5: 1.13mg (11.26%), Vitamin B3: 2.07mg (10.34%), Calcium: 95.69mg (9.57%), Phosphorus: 76.31mg (7.63%), Iron: 0.92mg (5.11%), Selenium: 3.11µg (4.45%), Vitamin E: 0.54mg (3.63%), Zinc: 0.5mg (3.34%)