



Kiwi-Banana-Pineapple-Orange Smoothie

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



2

CALORIES



159 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 1 banana
- 0.3 cup coconut water
- 1 kiwifruit peeled sliced
- 0.3 cup vanilla yogurt low-fat
- 0.5 cup orange juice
- 0.5 cup pineapple diced

Equipment

- blender

Directions

Blend kiwi, banana, orange juice, pineapple, coconut water, yogurt, and agave nectar in a blender until smooth.

Nutrition Facts



PROTEIN 8.2% **FAT 5.32%** **CARBS 86.48%**

Properties

Glycemic Index:136.56, Glycemic Load:15.71, Inflammation Score:-6, Nutrition Score:13.351739219997%

Flavonoids

Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 159.16kcal (7.96%), Fat: 1.01g (1.56%), Saturated Fat: 0.4g (2.48%), Carbohydrates: 37.01g (12.34%), Net Carbohydrates: 33.08g (12.03%), Sugar: 25.57g (28.41%), Cholesterol: 1.53mg (0.51%), Sodium: 55.61mg (2.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.51g (7.02%), Vitamin C: 90.8mg (110.07%), Manganese: 0.64mg (31.94%), Vitamin K: 19.01µg (18.11%), Potassium: 612.34mg (17.5%), Vitamin B6: 0.34mg (16.93%), Fiber: 3.93g (15.72%), Folate: 53.92µg (13.48%), Magnesium: 47.38mg (11.85%), Copper: 0.2mg (9.78%), Vitamin B2: 0.16mg (9.7%), Vitamin B1: 0.14mg (9.39%), Calcium: 90.63mg (9.06%), Phosphorus: 89.63mg (8.96%), Vitamin B5: 0.67mg (6.68%), Vitamin B3: 1.07mg (5.36%), Vitamin A: 238.44IU (4.77%), Vitamin E: 0.69mg (4.6%), Selenium: 2.58µg (3.69%), Zinc: 0.52mg (3.45%), Iron: 0.61mg (3.41%), Vitamin B12: 0.16µg (2.71%)