



Kiwi-Banana-Pineapple-Orange Smoothie

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



2

CALORIES



175 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 1 teaspoon agave nectar
- 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 7.53%**  **FAT 4.98%**  **CARBS 87.49%**

Properties

Glycemic Index:144.06, Glycemic Load:16.29, Inflammation Score:-6, Nutrition Score:13.511739181436%

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: 174.66kcal (8.73%), Fat: 1.03g (1.59%), Saturated Fat: 0.4g (2.48%), Carbohydrates: 40.83g (13.61%), Net Carbohydrates: 36.89g (13.42%), Sugar: 28.97g (32.19%), Cholesterol: 1.53mg (0.51%), Sodium: 55.81mg (2.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.51g (7.02%), Vitamin C: 91.65mg (111.1%), Manganese: 0.64mg (31.95%), Vitamin K: 20.14µg (19.18%), Vitamin B6: 0.35mg (17.52%), Potassium: 612.54mg (17.5%), Fiber: 3.94g (15.76%), Folate: 55.42µg (13.86%), Magnesium: 47.43mg (11.86%), Vitamin B2: 0.17mg (10.19%), Copper: 0.2mg (9.8%), Vitamin B1: 0.15mg (9.8%), Calcium: 90.68mg (9.07%), Phosphorus: 89.68mg (8.97%), Vitamin B5: 0.67mg (6.68%), Vitamin B3: 1.11mg (5.53%), Vitamin E: 0.74mg (4.92%), Vitamin A: 238.44IU (4.77%), Selenium: 2.67µg (3.81%), Zinc: 0.52mg (3.45%), Iron: 0.62mg (3.44%), Vitamin B12: 0.16µg (2.71%)