

## Kiwi Sensation

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



2

CALORIES



105 kcal

SIDE DISH

### Ingredients

- 0.5 cup grapes green
- 1 kiwi fruit peeled sliced
- 0.3 mangos diced peeled seeded
- 0.5 cup pineapple chunks
- 0.5 cup pkt spinach
- 0.3 cup water

### Equipment

- blender

## Directions

- Blend kiwi, pineapple, grapes, mango, and water in a blender until smooth.
- Add spinach and blend again until spinach is completely integrated.
- Add ice and blend until ice is completely integrated.

## Nutrition Facts



**PROTEIN 5.1%** **FAT 3.51%** **CARBS 91.39%**

## Properties

Glycemic Index:91.21, Glycemic Load:7.45, Inflammation Score:-7, Nutrition Score:10.661304297655%

## Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

## Nutrients (% of daily need)

Calories: 105.18kcal (5.26%), Fat: 0.45g (0.7%), Saturated Fat: 0.07g (0.42%), Carbohydrates: 26.56g (8.85%), Net Carbohydrates: 23.51g (8.55%), Sugar: 21.95g (24.39%), Cholesterol: 0mg (0%), Sodium: 11.28mg (0.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.48g (2.96%), Vitamin C: 52.28mg (63.37%), Vitamin K: 61.57µg (58.64%), Vitamin A: 1077.32IU (21.55%), Fiber: 3.05g (12.21%), Copper: 0.22mg (10.77%), Folate: 41.22µg (10.3%), Potassium: 320.85mg (9.17%), Manganese: 0.16mg (7.75%), Vitamin B6: 0.15mg (7.5%), Vitamin B1: 0.11mg (7.45%), Vitamin E: 1.06mg (7.07%), Magnesium: 27.6mg (6.9%), Vitamin B2: 0.07mg (4.37%), Calcium: 40.32mg (4.03%), Iron: 0.66mg (3.64%), Phosphorus: 34.46mg (3.45%), Vitamin B3: 0.63mg (3.17%), Vitamin B5: 0.16mg (1.58%), Zinc: 0.22mg (1.44%)