



## Layered Fruit Smoothie

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



90 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

### Ingredients

- 1 banana peeled chopped (, and )
- 4 tablespoons honey
- 1 tablespoon juice of lemon fresh
- 0.3 teaspoon lemon zest freshly grated
- 1 tablespoon juice of lime fresh
- 0.3 teaspoon lime zest freshly grated
- 1.3 cups yogurt plain low-fat
- 1 mangos pitted peeled coarsely chopped (, , and )

10 medium strawberries washed hulled (, and )

## Equipment

blender

## Directions

In a blender, whirl the mango; 3/4 cup plain low-fat yogurt; 2 tablespoons honey; the fresh lime juice; 2 ice cubes; and the freshly grated lime zest until smooth. Divide mango-lime smoothie between 2 straight-sided glasses and set aside.

Rinse blender, then whirl the banana; the strawberries; 1/2 cup plain low-fat yogurt; 2 tablespoons honey; the fresh lemon juice; 2 ice cubes; and the freshly grated lemon zest until smooth.

Layer banana-strawberry smoothie onto mango smoothie, gently spooning mixture around inside edge of each glass to create a clean horizontal line.

## Nutrition Facts

 **PROTEIN 10.39%** **FAT 7.31%** **CARBS 82.3%**

## Properties

Glycemic Index:28.85, Glycemic Load:8.28, Inflammation Score:-4, Nutrition Score:4.7604347933894%

## Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg Pelargonidin: 3.73mg, Pelargonidin: 3.73mg, Pelargonidin: 3.73mg, Pelargonidin: 3.73mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.81mg, Catechin: 1.81mg, Catechin: 1.81mg, Catechin: 1.81mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 0.47mg, Hesperetin: 0.47mg, Hesperetin: 0.47mg, Hesperetin: 0.47mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

0.19mg, Quercetin: 0.19mg

## **Nutrients (% of daily need)**

Calories: 90.42kcal (4.52%), Fat: 0.79g (1.22%), Saturated Fat: 0.43g (2.66%), Carbohydrates: 20.05g (6.68%), Net Carbohydrates: 18.91g (6.88%), Sugar: 17.48g (19.42%), Cholesterol: 2.3mg (0.77%), Sodium: 27.83mg (1.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.53g (5.06%), Vitamin C: 21.27mg (25.78%), Calcium: 77.15mg (7.71%), Phosphorus: 66.44mg (6.64%), Vitamin B2: 0.11mg (6.5%), Potassium: 218.55mg (6.24%), Vitamin A: 311.84IU (6.24%), Manganese: 0.12mg (6.23%), Vitamin B6: 0.12mg (5.75%), Folate: 22.67µg (5.67%), Fiber: 1.14g (4.56%), Magnesium: 15.51mg (3.88%), Vitamin B5: 0.36mg (3.57%), Vitamin B12: 0.21µg (3.57%), Zinc: 0.43mg (2.89%), Copper: 0.06mg (2.85%), Selenium: 1.71µg (2.45%), Vitamin B1: 0.03mg (2.22%), Vitamin E: 0.31mg (2.07%), Vitamin B3: 0.39mg (1.95%), Vitamin K: 1.58µg (1.5%), Iron: 0.22mg (1.22%)