



Lean Green Smoothie

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



10 min.

SERVINGS



4

CALORIES



81 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 1 cucumber peeled chopped
- 1 sprig mint leaves fresh
- 1 cup grapes green
- 3 cups wedges honeydew melon cubed peeled seeded
- 3 cups ice cubes

Equipment

- blender

Directions

- Place the honeydew melon, ice cubes, grapes, cucumber, broccoli, and mint into a blender. Cover, and puree until smooth.

Nutrition Facts



PROTEIN 6.33% **FAT 3.64%** **CARBS 90.03%**

Properties

Glycemic Index:15.25, Glycemic Load:3.15, Inflammation Score:-4, Nutrition Score:6.0800000040428%

Flavonoids

Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg
Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg
Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg
Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg
Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg
Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg

Nutrients (% of daily need)

Calories: 81.12kcal (4.06%), Fat: 0.36g (0.56%), Saturated Fat: 0.08g (0.5%), Carbohydrates: 20.08g (6.69%), Net Carbohydrates: 18.17g (6.61%), Sugar: 17.24g (19.15%), Cholesterol: 0mg (0%), Sodium: 34.15mg (1.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.41g (2.82%), Vitamin C: 26.64mg (32.29%), Vitamin K: 14.61µg (13.91%), Potassium: 466.23mg (13.32%), Vitamin B6: 0.18mg (9.16%), Folate: 35.76µg (8.94%), Copper: 0.16mg (8.05%), Fiber: 1.9g (7.62%), Magnesium: 26.37mg (6.59%), Vitamin B1: 0.1mg (6.53%), Manganese: 0.12mg (5.95%), Vitamin B5: 0.4mg (3.97%), Phosphorus: 37.51mg (3.75%), Vitamin B2: 0.06mg (3.6%), Vitamin B3: 0.64mg (3.18%), Vitamin A: 153.29IU (3.07%), Iron: 0.53mg (2.95%), Calcium: 27.86mg (2.79%), Zinc: 0.29mg (1.93%), Selenium: 1.01µg (1.44%)