



Lean Green Smoothie

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



85 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 0.5 cup broccoli florets
- 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 7.38% FAT 3.87% CARBS 88.75%

Properties

Glycemic Index:23.25, Glycemic Load:3.3, Inflammation Score:-4, Nutrition Score:7.6978260641513%

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, Hesperetin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg
Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.89mg, Kaempferol: 0.89mg,
Kaempferol: 0.89mg, Kaempferol: 0.89mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin:
0.01mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 84.99kcal (4.25%), Fat: 0.4g (0.62%), Saturated Fat: 0.09g (0.58%), Carbohydrates: 20.83g (6.95%), Net
Carbohydrates: 18.63g (6.78%), Sugar: 17.43g (19.37%), Cholesterol: 0mg (0%), Sodium: 37.91mg (1.65%), Alcohol:
0g (100%), Alcohol %: 0% (100%), Protein: 1.73g (3.47%), Vitamin C: 36.78mg (44.59%), Vitamin K: 26.21µg
(24.96%), Potassium: 502.17mg (14.35%), Folate: 42.93µg (10.73%), Vitamin B6: 0.2mg (10.16%), Fiber: 2.2g (8.8%),
Copper: 0.17mg (8.33%), Magnesium: 28.76mg (7.19%), Manganese: 0.14mg (7.14%), Vitamin B1: 0.11mg (7.07%),
Vitamin B5: 0.46mg (4.63%), Phosphorus: 45.01mg (4.5%), Vitamin A: 224.15IU (4.48%), Vitamin B2: 0.07mg
(4.38%), Vitamin B3: 0.71mg (3.54%), Iron: 0.61mg (3.41%), Calcium: 33.2mg (3.32%), Zinc: 0.34mg (2.24%),
Selenium: 1.29µg (1.84%), Vitamin E: 0.21mg (1.39%)