



Luscious Lemon Drop Smoothies



Vegetarian



Gluten Free



Dairy Free



Very Healthy

READY IN



8 min.

SERVINGS



2

CALORIES



238 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 12 oz broccoli frozen
- ☐ 1 medium banana
- ☐ 1 cup peaches frozen organic cascadian farm®
- ☐ 0.8 cup orange juice
- ☐ 0.5 cup pineapple sherbet

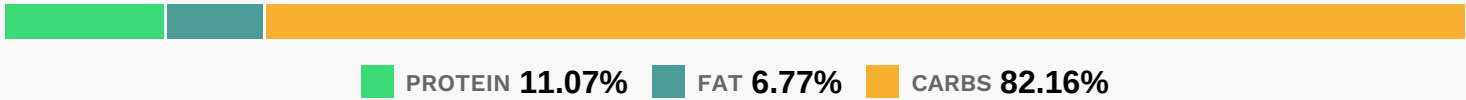
Equipment

- ☐ blender

Directions

- ☐ Cook broccoli as directed on bag. Rinse with cold water until cooled.
- ☐ Drain.
- ☐ In blender, place 1/4 cup of the cooked broccoli and remaining ingredients. (Cover and refrigerate remaining broccoli for another use.) Cover; blend on high speed about 30 seconds or until smooth.
- ☐ Pour into 2 glasses.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:115.01, Glycemic Load:21.82, Inflammation Score:-9, Nutrition Score:24.09739136955%

Flavonoids

Cyanidin: 1.48mg, Cyanidin: 1.48mg, Cyanidin: 1.48mg, Cyanidin: 1.48mg Catechin: 7.39mg, Catechin: 7.39mg, Catechin: 7.39mg, Catechin: 7.39mg Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg Epicatechin: 1.81mg, Epicatechin: 1.81mg, Epicatechin: 1.81mg, Epicatechin: 1.81mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 11.11mg, Hesperetin: 11.11mg, Hesperetin: 11.11mg, Hesperetin: 11.11mg Naringenin: 1.99mg, Naringenin: 1.99mg, Naringenin: 1.99mg, Naringenin: 1.99mg Luteolin: 1.36mg, Luteolin: 1.36mg, Luteolin: 1.36mg, Luteolin: 1.36mg Kaempferol: 13.57mg, Kaempferol: 13.57mg, Kaempferol: 13.57mg, Kaempferol: 13.57mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 6.32mg, Quercetin: 6.32mg, Quercetin: 6.32mg, Quercetin: 6.32mg

Nutrients (% of daily need)

Calories: 237.81kcal (11.89%), Fat: 1.96g (3.01%), Saturated Fat: 0.73g (4.54%), Carbohydrates: 53.44g (17.81%), Net Carbohydrates: 45.66g (16.61%), Sugar: 33.35g (37.06%), Cholesterol: 0.37mg (0.12%), Sodium: 84.68mg (3.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.2g (14.4%), Vitamin C: 207.37mg (251.35%), Vitamin K: 176.2µg (167.81%), Folate: 152.96µg (38.24%), Fiber: 7.78g (31.11%), Vitamin A: 1551.51IU (31.03%), Potassium: 1064.19mg (30.41%), Manganese: 0.58mg (29.03%), Vitamin B6: 0.58mg (28.96%), Vitamin B2: 0.33mg (19.4%), Magnesium: 71mg (17.75%), Phosphorus: 172.79mg (17.28%), Vitamin B1: 0.25mg (16.75%), Vitamin B5: 1.55mg (15.49%), Vitamin E: 1.99mg (13.26%), Vitamin B3: 2.5mg (12.48%), Copper: 0.24mg (12.04%), Calcium: 116.19mg (11.62%), Iron: 1.89mg

(10.53%), Selenium: 7.11µg (10.15%), Zinc: 1.19mg (7.91%)