



Mango Banana Coconut Smoothie

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



138 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 0.7 cup banana frozen sliced
- 0.7 cup coconut milk
- 3 dates pitted chopped
- 1 cup mangos frozen ()
- 1 teaspoon turmeric
- 1.5 cups water

Equipment

- blender

Directions

- Prepare the banana the night before. Peel, slice, and place on a small parchment lined tray. Pop into the freezer. The same can be done with the mango, but I used frozen mango pieces for convenience. Toss all of the ingredients into a blender and blend until smooth, adding more water if necessary. If you like, add some freshly squeezed orange juice for a citrusy flavour.
- Serve cold.

Nutrition Facts



Properties

Glycemic Index:65.13, Glycemic Load:8.49, Inflammation Score:-10, Nutrition Score:5.8939130434783%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg 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: 2.23mg, Catechin: 2.23mg, Catechin: 2.23mg, Catechin: 2.23mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Taste

Sweetness: 100%, Saltiness: 21.91%, Sourness: 47.44%, Bitterness: 55.59%, Savoriness: 11.52%, Fattiness: 65.27%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 137.78kcal (6.89%), Fat: 8.34g (12.84%), Saturated Fat: 7.21g (45.05%), Carbohydrates: 17.21g (5.74%), Net Carbohydrates: 15.37g (5.59%), Sugar: 12.05g (13.38%), Cholesterol: 0mg (0%), Sodium: 10.29mg (0.45%), Protein: 1.54g (3.08%), Manganese: 0.44mg (21.78%), Vitamin C: 17.72mg (21.48%), Vitamin A: 462.85IU (9.26%), Iron: 1.63mg (9.08%), Copper: 0.18mg (8.87%), Vitamin B6: 0.17mg (8.45%), Potassium: 288.73mg (8.25%), Magnesium: 32.31mg (8.08%), Fiber: 1.84g (7.34%), Folate: 29.2µg (7.3%), Phosphorus: 52.03mg (5.2%), Vitamin B3: 0.77mg (3.87%), Vitamin E: 0.41mg (2.76%), Vitamin B5: 0.25mg (2.53%), Vitamin B2: 0.04mg (2.27%), Zinc: 0.33mg (2.21%), Vitamin B1: 0.03mg (2.07%), Vitamin K: 2.07µg (1.97%), Calcium: 18.19mg (1.82%)