



Mango, Berry & Banana Smoothie

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



238 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 1 banana frozen very ripe peeled (preferably)
- 0.5 cup blackberries frozen
- 0.8 cup coconut water
- 1 tablespoon ground flaxseed
- 1 cup mangos frozen
- 2 medjool dates pitted
- 0.3 cup yogurt plain

Equipment

blender

Directions

Purée 1 very ripe peeled banana (preferably frozen), 2 pitted Medjool dates, 1 cup frozen mango chunks, 3/4 cup coconut water, 1/2 cup frozen blackberries or blueberries, 1/4 cup plain yogurt, and 1 tablespoon ground flaxseeds in a blender until smooth.

Nutrition Facts

 **PROTEIN 7.06%**  **FAT 11.63%**  **CARBS 81.31%**

Properties

Glycemic Index:118.76, Glycemic Load:14.22, Inflammation Score:-8, Nutrition Score:15.221304368066%

Flavonoids

Cyanidin: 36.06mg, Cyanidin: 36.06mg, Cyanidin: 36.06mg, Cyanidin: 36.06mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.18mg, Pelargonidin: 0.18mg, Pelargonidin: 0.18mg, Pelargonidin: 0.18mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 18.36mg, Catechin: 18.36mg, Catechin: 18.36mg, Catechin: 18.36mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.69mg, Epicatechin: 1.69mg, Epicatechin: 1.69mg, Epicatechin: 1.69mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

Nutrients (% of daily need)

Calories: 238.44kcal (11.92%), Fat: 3.37g (5.19%), Saturated Fat: 1.08g (6.72%), Carbohydrates: 53.06g (17.69%), Net Carbohydrates: 44.74g (16.27%), Sugar: 40.04g (44.49%), Cholesterol: 3.98mg (1.33%), Sodium: 111.65mg (4.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.61g (9.21%), Vitamin C: 45.06mg (54.61%), Manganese: 0.73mg (36.54%), Fiber: 8.32g (33.26%), Potassium: 876.1mg (25.03%), Vitamin B6: 0.44mg (22.02%), Vitamin A: 1073.53IU (21.47%), Magnesium: 84.24mg (21.06%), Copper: 0.37mg (18.27%), Folate: 67.76µg (16.94%), Phosphorus: 116.89mg (11.69%), Vitamin B2: 0.2mg (11.68%), Vitamin K: 11.75µg (11.19%), Calcium: 105.41mg (10.54%), Vitamin B1: 0.15mg (10.26%), Vitamin B3: 1.77mg (8.83%), Vitamin B5: 0.84mg (8.44%), Vitamin E: 1.25mg (8.35%), Iron: 1.2mg (6.67%), Zinc: 0.88mg (5.88%), Selenium: 3.69µg (5.27%), Vitamin B12: 0.11µg (1.89%)