



Mango-Peach Smoothie



Vegetarian



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



98 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 2 tablespoons honey
- ☐ 1 cup ice cubes
- ☐ 1 cup mangos frozen chopped
- ☐ 1.5 cups peaches frozen
- ☐ 1.5 cups soy milk
- ☐ 0.5 teaspoon vanilla

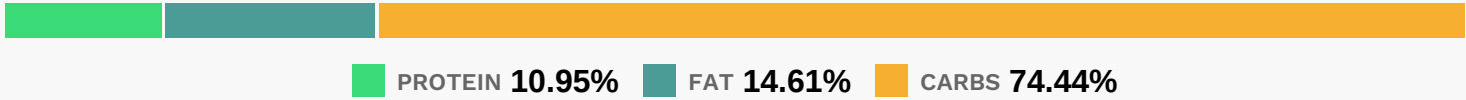
Equipment

- ☐ blender

Directions

- ☐ Pulse soy milk, peaches, mango, honey and vanilla in a blender until combined.
- ☐ Add ice and blend until smooth.

Nutrition Facts



Properties

Glycemic Index:35.54, Glycemic Load:8.22, Inflammation Score:-6, Nutrition Score:7.5904348000236%

Flavonoids

Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg 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: 2.84mg, Catechin: 2.84mg, Catechin: 2.84mg, Catechin: 2.84mg Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg Epicatechin: 1.08mg, Epicatechin: 1.08mg, Epicatechin: 1.08mg, Epicatechin: 1.08mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 97.75kcal (4.89%), Fat: 1.66g (2.55%), Saturated Fat: 0.19g (1.16%), Carbohydrates: 19.03g (6.34%), Net Carbohydrates: 17.51g (6.37%), Sugar: 17.14g (19.04%), Cholesterol: 0mg (0%), Sodium: 44.47mg (1.93%), Alcohol: 0.14g (100%), Alcohol %: 0.08% (100%), Protein: 2.8g (5.6%), Vitamin C: 19.05mg (23.09%), Vitamin E: 2.42mg (16.12%), Vitamin A: 785.92IU (15.72%), Vitamin B3: 2.94mg (14.68%), Vitamin B12: 0.76µg (12.74%), Vitamin B6: 0.22mg (10.9%), Calcium: 106.57mg (10.66%), Vitamin B2: 0.17mg (10.08%), Folate: 39.79µg (9.95%), Copper: 0.17mg (8.53%), Potassium: 216.59mg (6.19%), Fiber: 1.52g (6.08%), Vitamin D: 0.85µg (5.66%), Vitamin B1: 0.06mg (4.28%), Selenium: 2.86µg (4.09%), Iron: 0.59mg (3.29%), Manganese: 0.06mg (2.83%), Vitamin K: 2.77µg (2.64%), Zinc: 0.33mg (2.2%), Magnesium: 7.69mg (1.92%), Phosphorus: 15.14mg (1.51%), Vitamin B5: 0.14mg (1.42%)