



Mango Pineapple Green Smoothie

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



2

CALORIES



170 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 1 banana ripe sliced
- 1 cup ice cubes
- 1 cup mango chunks frozen
- 0.3 cup orange juice
- 0.7 cup pineapple chunks frozen
- 0.7 cup pkt spinach fresh


Equipment

- blender

Directions

Place pineapple, mango, banana, spinach, orange juice, and ice, respectively, in a blender and blend until smooth.

Nutrition Facts

 **PROTEIN 4.92%**  **FAT 3.45%**  **CARBS 91.63%**

Properties

Glycemic Index:95.26, Glycemic Load:14.49, Inflammation Score:-9, Nutrition Score:14.7999999921218%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 5.02mg, Catechin: 5.02mg, Catechin: 5.02mg, Catechin: 5.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 170.23kcal (8.51%), Fat: 0.72g (1.1%), Saturated Fat: 0.16g (1.03%), Carbohydrates: 42.76g (14.25%), Net Carbohydrates: 38.58g (14.03%), Sugar: 33.26g (36.96%), Cholesterol: 0mg (0%), Sodium: 16.43mg (0.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.3g (4.59%), Vitamin C: 66.05mg (80.06%), Vitamin K: 52.65µg (50.15%), Vitamin A: 1990.21IU (39.8%), Folate: 83.02µg (20.75%), Vitamin B6: 0.41mg (20.49%), Potassium: 586.08mg (16.75%), Fiber: 4.18g (16.73%), Manganese: 0.31mg (15.34%), Copper: 0.27mg (13.6%), Magnesium: 49.64mg (12.41%), Vitamin B1: 0.17mg (11.12%), Vitamin B2: 0.12mg (7.19%), Vitamin B3: 1.41mg (7.03%), Vitamin E: 1.04mg (6.91%), Iron: 0.86mg (4.78%), Vitamin B5: 0.44mg (4.45%), Calcium: 42.64mg (4.26%), Phosphorus: 41.98mg (4.2%), Selenium: 1.54µg (2.2%), Zinc: 0.33mg (2.18%)