



Nectarine Sunshine Smoothie

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



174 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 1 banana frozen cut into pieces and
- 1 tablespoon honey
- 2 large nectarines pitted quartered
- 1 large cranberry-orange relish peeled quartered
- 1 cup orange juice
- 1 cup vanilla yogurt

Equipment

- blender

Directions

Place the nectarines, frozen banana chunks, orange, vanilla yogurt, orange juice, and honey into a blender, and blend until smooth.

Nutrition Facts

PROTEIN 10.88% **FAT 6.11%** **CARBS 83.01%**

Properties

Glycemic Index:61.14, Glycemic Load:13.22, Inflammation Score:-7, Nutrition Score:10.807391311811%

Flavonoids

Cyanidin: 1.66mg, Cyanidin: 1.66mg, Cyanidin: 1.66mg, Cyanidin: 1.66mg Catechin: 4.12mg, Catechin: 4.12mg, Catechin: 4.12mg, Catechin: 4.12mg Epicatechin: 1.99mg, Epicatechin: 1.99mg, Epicatechin: 1.99mg, Epicatechin: 1.99mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 19.94mg, Hesperetin: 19.94mg, Hesperetin: 19.94mg, Hesperetin: 19.94mg Naringenin: 8.37mg, Naringenin: 8.37mg, Naringenin: 8.37mg, Naringenin: 8.37mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

Nutrients (% of daily need)

Calories: 174.22kcal (8.71%), Fat: 1.26g (1.94%), Saturated Fat: 0.55g (3.43%), Carbohydrates: 38.54g (12.85%), Net Carbohydrates: 35.37g (12.86%), Sugar: 32.03g (35.58%), Cholesterol: 3.06mg (1.02%), Sodium: 51.69mg (2.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.05g (10.1%), Vitamin C: 60.82mg (73.72%), Potassium: 551.92mg (15.77%), Calcium: 133.31mg (13.33%), Fiber: 3.18g (12.7%), Phosphorus: 126.65mg (12.66%), Folate: 49.82µg (12.46%), Vitamin B2: 0.2mg (12.04%), Vitamin A: 531.68IU (10.63%), Vitamin B1: 0.16mg (10.48%), Vitamin B6: 0.21mg (10.45%), Magnesium: 36.31mg (9.08%), Vitamin B5: 0.82mg (8.17%), Vitamin B3: 1.52mg (7.6%), Manganese: 0.15mg (7.43%), Copper: 0.14mg (7.24%), Vitamin B12: 0.32µg (5.41%), Zinc: 0.79mg (5.27%), Selenium: 3.63µg (5.19%), Vitamin E: 0.63mg (4.17%), Iron: 0.55mg (3.03%), Vitamin K: 1.83µg (1.74%)