



 **100%**
HEALTH SCORE

Obviously Orange Smoothies

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



8 min.

SERVINGS



2

CALORIES



282 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 12 oz broccoli frozen
- 1 cup textured vegetable protein unsweetened frozen
- 0.5 cup carrot juice
- 0.5 cup orange juice
- 1 tablespoon sugar

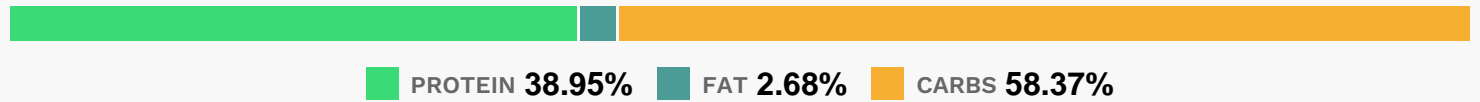
Equipment

- blender

Directions

- Cook broccoli as directed on package. Rinse with cold water until cooled.
- Drain.
- In blender, place 1/4 cup of the cooked broccoli and remaining ingredients. (Cover and refrigerate remaining broccoli for another use.) Cover; blend on high speed about 30 seconds or until smooth.
- Pour into 2 glasses.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:98.55, Glycemic Load:11.83, Inflammation Score:-10, Nutrition Score:27.082173907239%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg Luteolin: 1.36mg, Luteolin: 1.36mg, Luteolin: 1.36mg, Luteolin: 1.36mg Kaempferol: 13.34mg, Kaempferol: 13.34mg, Kaempferol: 13.34mg, Kaempferol: 13.34mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 5.7mg, Quercetin: 5.7mg, Quercetin: 5.7mg, Quercetin: 5.7mg

Nutrients (% of daily need)

Calories: 281.71kcal (14.09%), Fat: 0.86g (1.32%), Saturated Fat: 0.22g (1.4%), Carbohydrates: 42.27g (14.09%), Net Carbohydrates: 29.78g (10.83%), Sugar: 22g (24.44%), Cholesterol: 0mg (0%), Sodium: 99.59mg (4.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.2g (56.4%), Vitamin A: 12466.87IU (249.34%), Vitamin C: 187.74mg (227.57%), Vitamin K: 182.71µg (174.01%), Fiber: 12.49g (49.95%), Iron: 6.65mg (36.95%), Folate: 128.12µg (32.03%), Calcium: 249.79mg (24.98%), Potassium: 833.91mg (23.83%), Vitamin B6: 0.45mg (22.53%), Manganese: 0.44mg (22.14%), Vitamin B1: 0.23mg (15.39%), Vitamin B2: 0.25mg (14.78%), Phosphorus: 147.58mg (14.76%), Vitamin E: 2.04mg (13.57%), Magnesium: 50.8mg (12.7%), Vitamin B5: 1.23mg (12.27%), Vitamin B3: 1.56mg (7.81%), Copper: 0.14mg (6.91%), Selenium: 4.7µg (6.72%), Zinc: 0.84mg (5.57%)