



HEALTH SCORE

94%

Obviously Orange Smoothies



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



8 min.

SERVINGS



2

CALORIES



182 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients



12 oz broccoli frozen



0.5 cup carrot juice



1 cup mangos unsweetened frozen



0.5 cup orange juice



1 tablespoon sugar

Equipment

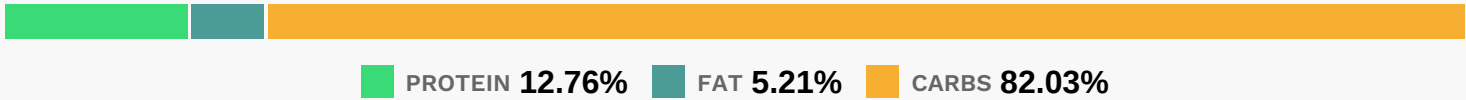


blender

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:124.42, Glycemic Load:17.55, Inflammation Score:-10, Nutrition Score:26.054782784503%

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: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg 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 Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.38mg, Luteolin: 1.38mg, Luteolin: 1.38mg, Luteolin: 1.38mg Kaempferol: 13.38mg, Kaempferol: 13.38mg, Kaempferol: 13.38mg, Kaempferol: 13.38mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 5.7mg, Quercetin: 5.7mg, Quercetin: 5.7mg, Quercetin: 5.7mg

Nutrients (% of daily need)

Calories: 181.93kcal (9.1%), Fat: 1.17g (1.81%), Saturated Fat: 0.3g (1.88%), Carbohydrates: 41.57g (13.86%), Net Carbohydrates: 35.23g (12.81%), Sugar: 27.7g (30.77%), Cholesterol: 0mg (0%), Sodium: 96.58mg (4.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.47g (12.94%), Vitamin A: 13359.52IU (267.19%), Vitamin C: 217.77mg (263.97%), Vitamin K: 186.17µg (177.31%), Folate: 163.6µg (40.9%), Potassium: 972.51mg (27.79%), Vitamin B6: 0.55mg (27.43%), Fiber: 6.34g (25.35%), Manganese: 0.49mg (24.74%), Vitamin E: 2.78mg (18.52%), Vitamin B1: 0.25mg (16.93%), Vitamin B2: 0.28mg (16.62%), Phosphorus: 159.13mg (15.91%), Magnesium: 59.05mg (14.76%), Vitamin B5: 1.39mg (13.9%), Copper: 0.23mg (11.49%), Calcium: 110.06mg (11.01%), Vitamin B3: 2.11mg (10.57%), Iron: 1.77mg (9.85%), Selenium: 5.2µg (7.43%), Zinc: 0.91mg (6.06%)