



Orange-Mango-Pineapple Smoothie

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



148 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 1 oz jell-o vanilla flavor pudding fat free sugar free instant
- 3 cups mangos frozen chopped
- 3 cups pineapple-orange juice

Equipment

- blender

Directions

Blend ingredients in blender until smooth.

Serve immediately.

Nutrition Facts

PROTEIN 4.79% **FAT 4.01%** **CARBS 91.2%**

Properties

Glycemic Index:20.75, Glycemic Load:14.76, Inflammation Score:-8, Nutrition Score:10.74869557049%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg 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: 1.7mg, Catechin: 1.7mg, Catechin: 1.7mg, Catechin: 1.7mg Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 17.78mg, Hesperetin: 17.78mg, Hesperetin: 17.78mg, Hesperetin: 17.78mg Naringenin: 3.18mg, Naringenin: 3.18mg, Naringenin: 3.18mg, Naringenin: 3.18mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 147.85kcal (7.39%), Fat: 0.7g (1.07%), Saturated Fat: 0.13g (0.82%), Carbohydrates: 35.63g (11.88%), Net Carbohydrates: 33.71g (12.26%), Sugar: 30.56g (33.96%), Cholesterol: 0mg (0%), Sodium: 38.48mg (1.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.87g (3.74%), Vitamin C: 110.44mg (133.86%), Vitamin A: 1368.78IU (27.38%), Folate: 87.21µg (21.8%), Potassium: 465.05mg (13.29%), Vitamin B1: 0.16mg (10.78%), Vitamin B6: 0.18mg (8.87%), Copper: 0.18mg (8.83%), Fiber: 1.92g (7.66%), Magnesium: 26.27mg (6.57%), Vitamin E: 0.95mg (6.34%), Vitamin B3: 1.26mg (6.29%), Vitamin B2: 0.08mg (4.88%), Vitamin B5: 0.48mg (4.78%), Manganese: 0.08mg (4.18%), Vitamin K: 4.31µg (4.1%), Phosphorus: 39.27mg (3.93%), Calcium: 27.54mg (2.75%), Iron: 0.46mg (2.56%), Selenium: 0.79µg (1.13%), Zinc: 0.16mg (1.1%)