



## Orange-Mango Smoothie

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



226 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

### Ingredients

- 8 ice cubes
- 0.5 cup lillet blanc
- 1 mangos peeled seeded chopped
- 2 servings garnish: orange wedges
- 0.5 cup orange juice fresh

### Equipment

- blender

# Directions

- Combine first 4 ingredients in a blender. Blend until smooth.
- Garnish, if desired, and serve immediately.
- \*Lillet Blanc is a French aperitif derived from white wine, brandy, fruits, and herbs.

# Nutrition Facts



■ PROTEIN 5.06% ■ FAT 3.35% ■ CARBS 91.59%

# Properties

Glycemic Index:73.13, Glycemic Load:14.06, Inflammation Score:-9, Nutrition Score:11.540434832158%

# 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: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 31.93mg, Hesperetin: 31.93mg, Hesperetin: 31.93mg, Hesperetin: 31.93mg Naringenin: 15.11mg, Naringenin: 15.11mg, Naringenin: 15.11mg, Naringenin: 15.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

# Nutrients (% of daily need)

Calories: 226.18kcal (11.31%), Fat: 0.63g (0.96%), Saturated Fat: 0.12g (0.77%), Carbohydrates: 38.51g (12.84%), Net Carbohydrates: 34.57g (12.57%), Sugar: 32.88g (36.53%), Cholesterol: 0mg (0%), Sodium: 4.45mg (0.19%), Alcohol: 10.03g (100%), Alcohol %: 3.43% (100%), Protein: 2.13g (4.26%), Vitamin C: 116.55mg (141.28%), Vitamin A: 1446.37IU (28.93%), Folate: 90.11µg (22.53%), Fiber: 3.94g (15.76%), Potassium: 460.78mg (13.17%), Vitamin B1: 0.16mg (10.87%), Vitamin B6: 0.2mg (10.1%), Copper: 0.19mg (9.58%), Vitamin E: 1.12mg (7.46%), Magnesium: 26.73mg (6.68%), Vitamin B3: 1.19mg (5.97%), Calcium: 55.88mg (5.59%), Vitamin B2: 0.09mg (5.53%), Vitamin B5: 0.55mg (5.47%), Manganese: 0.1mg (4.82%), Vitamin K: 4.41µg (4.2%), Phosphorus: 37.63mg (3.76%), Iron: 0.38mg (2.11%), Selenium: 1.13µg (1.62%), Zinc: 0.19mg (1.28%)