



Orange-Pineapple Smoothie



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



3

CALORIES



152 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 1.5 cups orange juice
- ☐ 0.5 cup pineapple chunks fresh canned
- ☐ 1 banana frozen ripe cut into chunks
- ☐ 2 tablespoons protein powder
- ☐ 3 ice cubes

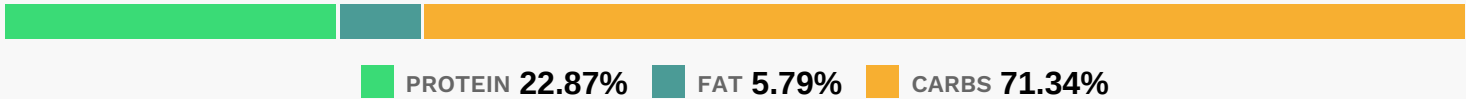
Equipment

- ☐ blender

Directions

- ☐ Place all ingredients in blender. Cover and blend on high speed about 30
- ☐ seconds or until smooth.
- ☐ Pour mixture into glasses.

Nutrition Facts



Properties

Glycemic Index:43.59, Glycemic Load:11.15, Inflammation Score:-6, Nutrition Score:8.6404348974643%

Flavonoids

Catechin: 2.4mg, Catechin: 2.4mg, Catechin: 2.4mg, Catechin: 2.4mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 14.82mg, Hesperetin: 14.82mg, Hesperetin: 14.82mg, Hesperetin: 14.82mg Naringenin: 2.65mg, Naringenin: 2.65mg, Naringenin: 2.65mg, Naringenin: 2.65mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 151.8kcal (7.59%), Fat: 1.04g (1.61%), Saturated Fat: 0.23g (1.46%), Carbohydrates: 28.93g (9.64%), Net Carbohydrates: 27.15g (9.87%), Sugar: 21.46g (23.84%), Cholesterol: 15.56mg (5.19%), Sodium: 16.73mg (0.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.28g (18.55%), Vitamin C: 69.13mg (83.79%), Potassium: 465.71mg (13.31%), Folate: 47.04µg (11.76%), Vitamin B6: 0.22mg (11.18%), Vitamin B1: 0.16mg (10.93%), Magnesium: 34.98mg (8.75%), Fiber: 1.78g (7.13%), Copper: 0.13mg (6.48%), Vitamin A: 317.78IU (6.36%), Manganese: 0.12mg (6.18%), Iron: 1.08mg (6.02%), Phosphorus: 59.25mg (5.92%), Calcium: 52.82mg (5.28%), Vitamin B2: 0.07mg (4.36%), Vitamin B3: 0.87mg (4.35%), Vitamin B5: 0.37mg (3.67%), Zinc: 0.16mg (1.08%)