



Orange Resolution Smoothies



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



8

CALORIES



155 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 1 banana peeled
- ☐ 1 cup carrots miniature
- ☐ 2 cups greek yogurt
- ☐ 0.3 cup honey
- ☐ 2 cups mango chunks frozen
- ☐ 1 cup orange juice
- ☐ 2 cups peaches frozen
- ☐ 1 cup pineapple chunks

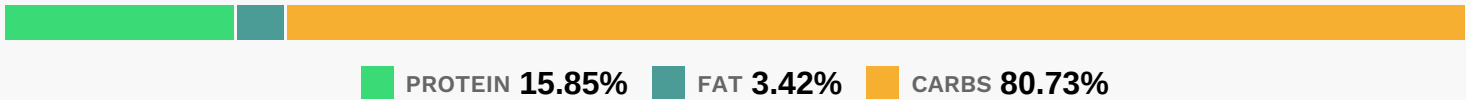
Equipment

☐ blender

Directions

☐ Put the mango chunks, peach slices, yogurt, carrots, orange juice, pineapple chunks, honey and banana in a blender and blend until everything's totally smooth.

Nutrition Facts



Properties

Glycemic Index:37.24, Glycemic Load:12.53, Inflammation Score:-9, Nutrition Score:11.003043558287%

Flavonoids

Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 3.5mg, Catechin: 3.5mg, Catechin: 3.5mg, Catechin: 3.5mg Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg Epicatechin: 0.9mg, Epicatechin: 0.9mg, Epicatechin: 0.9mg, Epicatechin: 0.9mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 155.01kcal (7.75%), Fat: 0.63g (0.97%), Saturated Fat: 0.13g (0.82%), Carbohydrates: 33.35g (11.12%), Net Carbohydrates: 30.81g (11.2%), Sugar: 28.59g (31.77%), Cholesterol: 2.5mg (0.83%), Sodium: 35.63mg (1.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.55g (13.1%), Vitamin A: 3333.02IU (66.66%), Vitamin C: 37.15mg (45.03%), Vitamin B2: 0.21mg (12.22%), Potassium: 394.95mg (11.28%), Vitamin B6: 0.2mg (10.2%), Fiber: 2.54g (10.15%), Folate: 40.53µg (10.13%), Phosphorus: 98.85mg (9.89%), Selenium: 6.4µg (9.15%), Calcium: 76.37mg (7.64%), Copper: 0.15mg (7.61%), Vitamin B1: 0.1mg (7%), Magnesium: 26.67mg (6.67%), Manganese: 0.13mg (6.47%), Vitamin B3: 1.17mg (5.84%), Vitamin B12: 0.35µg (5.83%), Vitamin E: 0.8mg (5.31%), Vitamin K: 5.31µg (5.06%), Vitamin B5: 0.46mg (4.65%), Zinc: 0.52mg (3.46%), Iron: 0.51mg (2.82%)