



Orange Sunrise Smoothie

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



2

CALORIES



204 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 1 banana frozen
- 0.5 cup wedges honeydew melon cubed
- 0.5 cup ice cubes
- 0.5 cup orange juice
- 1 peaches peeled sliced
- 1 teaspoon sugar white
- 8 ounce orange yogurt

Equipment

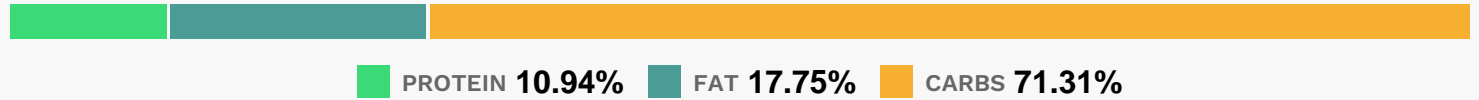
blender

Directions

Combine the orange juice, banana, peach, honeydew melon, yogurt, sugar, and ice in a blender. Blend until smooth, or chunky, as desired.

Pour into two glasses and serve.

Nutrition Facts



Properties

Glycemic Index:118.06, Glycemic Load:14.81, Inflammation Score:-6, Nutrition Score:11.619130362635%

Flavonoids

Cyanidin: 1.44mg, Cyanidin: 1.44mg, Cyanidin: 1.44mg, Cyanidin: 1.44mg Catechin: 7.29mg, Catechin: 7.29mg, Catechin: 7.29mg, Catechin: 7.29mg Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg Epicatechin: 1.77mg, Epicatechin: 1.77mg, Epicatechin: 1.77mg, Epicatechin: 1.77mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg 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 Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 204.08kcal (10.2%), Fat: 4.27g (6.57%), Saturated Fat: 2.49g (15.55%), Carbohydrates: 38.61g (12.87%), Net Carbohydrates: 35.49g (12.91%), Sugar: 29.43g (32.7%), Cholesterol: 14.74mg (4.91%), Sodium: 73.75mg (3.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.92g (11.85%), Vitamin C: 47.42mg (57.48%), Potassium: 699.43mg (19.98%), Vitamin B6: 0.33mg (16.69%), Calcium: 154.33mg (15.43%), Phosphorus: 152.42mg (15.24%), Vitamin B2: 0.25mg (14.79%), Folate: 50.91µg (12.73%), Fiber: 3.12g (12.49%), Magnesium: 47.2mg (11.8%), Manganese: 0.23mg (11.49%), Vitamin A: 539.77IU (10.8%), Vitamin B1: 0.14mg (9.41%), Vitamin B5: 0.94mg (9.37%), Copper: 0.16mg (8.09%), Vitamin B3: 1.51mg (7.54%), Selenium: 5.03µg (7.19%), Vitamin B12: 0.42µg (6.99%), Zinc: 1.01mg (6.7%), Vitamin E: 0.71mg (4.72%), Vitamin K: 4.07µg (3.87%), Iron: 0.66mg (3.68%)