



Papaya Surprise Smoothie

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



2

CALORIES



250 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 1 banana peeled sliced
- ☐ 15 ice cubes
- ☐ 0.3 cup milk
- ☐ 1 papaya diced peeled seeded
- ☐ 0.5 cup strawberries fresh sliced
- ☐ 0.3 cup sugar

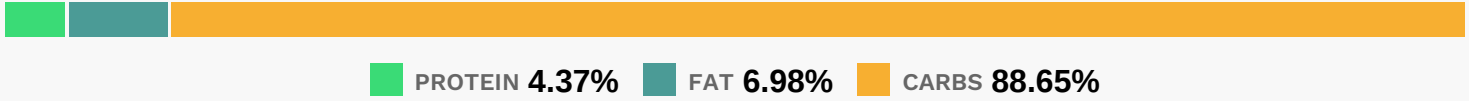
Equipment

- ☐ blender

Directions

☐ In a blender, blend the papaya, banana, strawberries, milk, sugar, and ice cubes until smooth.

Nutrition Facts



Properties

Glycemic Index:130.81, Glycemic Load:33.65, Inflammation Score:-9, Nutrition Score:13.617826171543%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 4.72mg, Catechin: 4.72mg, Catechin: 4.72mg, Catechin: 4.72mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 250.04kcal (12.5%), Fat: 2.08g (3.2%), Saturated Fat: 0.95g (5.94%), Carbohydrates: 59.43g (19.81%), Net Carbohydrates: 54.59g (19.85%), Sugar: 47.75g (53.06%), Cholesterol: 4.88mg (1.63%), Sodium: 34.06mg (1.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.93g (5.87%), Vitamin C: 118.87mg (144.08%), Vitamin A: 1551.96IU (31.04%), Fiber: 4.84g (19.35%), Folate: 76.68µg (19.17%), Manganese: 0.36mg (18.08%), Potassium: 604.44mg (17.27%), Vitamin B6: 0.32mg (15.8%), Magnesium: 58.46mg (14.61%), Calcium: 92.53mg (9.25%), Vitamin B2: 0.15mg (8.99%), Phosphorus: 77.89mg (7.79%), Copper: 0.15mg (7.53%), Vitamin B5: 0.68mg (6.84%), Vitamin B1: 0.08mg (5.64%), Vitamin B3: 1.12mg (5.58%), Vitamin K: 5.16µg (4.92%), Vitamin E: 0.64mg (4.26%), Iron: 0.69mg (3.85%), Selenium: 2.57µg (3.67%), Vitamin B12: 0.22µg (3.66%), Vitamin D: 0.45µg (2.98%), Zinc: 0.44mg (2.93%)