



HEALTH SCORE

100%

Parsley, Kale, and Berry Smoothie



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



94 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 1 banana cut into pieces)
- ☐ 1 cup poached berries frozen organic (such as strawberries or raspberries)
- ☐ 0.5 cup flat-leaf parsley packed () (leaves and stems)
- ☐ 1 teaspoon ground flaxseed
- ☐ 4 kale leaves (center ribs removed)

Equipment

- ☐ blender

Directions

- ☐ Purée 1/2 cup (packed) flat-leaf parsley(leaves and stems), 4 kale leaves (centerribs removed), 1 cup frozen organic berries(such as strawberries or raspberries),1 banana (cut into pieces), 1 teaspoon groundflaxseed, and 1 cup water in a blender untilsmooth (add water if too thick).
- ☐ Per serving: 100 calories, 1 g fat, 4 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:95.39, Glycemic Load:8.34, Inflammation Score:-10, Nutrition Score:19.190434906794%

Flavonoids

Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 5.84mg, Catechin: 5.84mg, Catechin: 5.84mg, Catechin: 5.84mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 32.32mg, Apigenin: 32.32mg, Apigenin: 32.32mg, Apigenin: 32.32mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 5.19mg, Isorhamnetin: 5.19mg, Isorhamnetin: 5.19mg, Isorhamnetin: 5.19mg Kaempferol: 10.94mg, Kaempferol: 10.94mg, Kaempferol: 10.94mg, Kaempferol: 10.94mg Myricetin: 2.26mg, Myricetin: 2.26mg, Myricetin: 2.26mg, Myricetin: 2.26mg Quercetin: 5.84mg, Quercetin: 5.84mg, Quercetin: 5.84mg, Quercetin: 5.84mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 93.99kcal (4.7%), Fat: 1.28g (1.97%), Saturated Fat: 0.17g (1.08%), Carbohydrates: 21.19g (7.06%), Net Carbohydrates: 16.55g (6.02%), Sugar: 11.04g (12.26%), Cholesterol: 0mg (0%), Sodium: 21.67mg (0.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.4g (4.79%), Vitamin K: 333.72µg (317.83%), Vitamin C: 87.97mg (106.63%), Vitamin A: 3507.8IU (70.16%), Manganese: 0.63mg (31.55%), Fiber: 4.64g (18.58%), Folate: 66.39µg

(16.6%), Vitamin B6: 0.3mg (15.05%), Potassium: 489.17mg (13.98%), Magnesium: 43.97mg (10.99%), Iron: 1.79mg (9.93%), Calcium: 93.6mg (9.36%), Vitamin B2: 0.15mg (8.92%), Copper: 0.13mg (6.34%), Vitamin B1: 0.09mg (5.98%), Vitamin B3: 1.16mg (5.79%), Phosphorus: 57.48mg (5.75%), Vitamin B5: 0.38mg (3.77%), Vitamin E: 0.53mg (3.52%), Zinc: 0.48mg (3.19%), Selenium: 1.35µg (1.92%)