



HEALTH SCORE

51%

Pear Me Up Smoothie



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



196 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 0.5 avocado
- ☐ 1 cup baby spinach leaves packed
- ☐ 1 banana
- ☐ 1 apples i use 2 granny smith apples
- ☐ 4 tablespoons ground flaxseed
- ☐ 2 handfuls ice cubes
- ☐ 1 large kale leaf
- ☐ 2 pears

- ☐ 0.5 scoop protein powder (I used vanilla)
- ☐ 2 cups water filtered

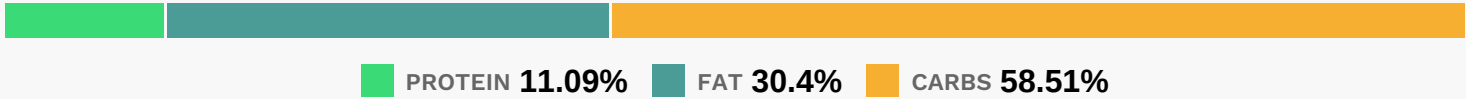
Equipment

- ☐ blender

Directions

- ☐ Place all ingredients into your high powered blender, ice at the top and blend for about 50 seconds or until desired consistency. Please note we use the Blendtec, all blenders may be a little different.

Nutrition Facts



Properties

Glycemic Index:70.88, Glycemic Load:9.23, Inflammation Score:-9, Nutrition Score:12.58304330577%

Flavonoids

Cyanidin: 2.63mg, Cyanidin: 2.63mg, Cyanidin: 2.63mg, Cyanidin: 2.63mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 2.63mg, Catechin: 2.63mg, Catechin: 2.63mg, Catechin: 2.63mg Epigallocatechin: 0.64mg, Epigallocatechin: 0.64mg, Epigallocatechin: 0.64mg, Epigallocatechin: 0.64mg Epicatechin: 6.87mg, Epicatechin: 6.87mg, Epicatechin: 6.87mg, Epicatechin: 6.87mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 1.86mg, Kaempferol: 1.86mg, Kaempferol: 1.86mg, Kaempferol: 1.86mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.51mg, Quercetin: 3.51mg, Quercetin: 3.51mg, Quercetin: 3.51mg

Nutrients (% of daily need)

Calories: 195.91kcal (9.8%), Fat: 7.27g (11.18%), Saturated Fat: 0.93g (5.81%), Carbohydrates: 31.47g (10.49%), Net Carbohydrates: 22.98g (8.36%), Sugar: 17.59g (19.54%), Cholesterol: 6.25mg (2.08%), Sodium: 24.45mg (1.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.96g (11.93%), Vitamin K: 57.59µg (54.85%), Fiber: 8.49g (33.96%), Vitamin A: 1090.38IU (21.81%), Manganese: 0.43mg (21.66%), Vitamin C: 15.72mg (19.05%), Magnesium: 61.09mg (15.27%), Potassium: 498.97mg (14.26%), Folate: 56.19µg (14.05%), Copper: 0.27mg (13.58%), Vitamin B6: 0.27mg (13.45%), Vitamin B1: 0.17mg (11.21%), Phosphorus: 96.12mg (9.61%), Iron: 1.33mg (7.38%), Vitamin B2: 0.12mg

(7.3%), Calcium: 63.3mg (6.33%), Vitamin E: 0.93mg (6.2%), Vitamin B5: 0.6mg (5.95%), Vitamin B3: 1.12mg (5.6%), Zinc: 0.68mg (4.52%), Selenium: 2.36µg (3.37%)