



 **57%**  
HEALTH SCORE

## Perfect Peach Smoothie

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



325 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

### Ingredients

- 1 banana frozen cut into pieces and
- 1 tablespoon ground flax seed
- 0.5 cup orange juice
- 1 large peaches frozen sliced
- 0.5 cup soy milk

### Equipment

- blender

# Directions

Blend peach, banana, orange juice, soy milk, and flax seed in a blender until smooth.

# Nutrition Facts



## Properties

Glycemic Index:212.44, Glycemic Load:26.93, Inflammation Score:-9, Nutrition Score:24.713478109111%

## Flavonoids

Cyanidin: 3.36mg, Cyanidin: 3.36mg, Cyanidin: 3.36mg, Cyanidin: 3.36mg Catechin: 15.81mg, Catechin: 15.81mg, Catechin: 15.81mg, Catechin: 15.81mg Epigallocatechin: 1.82mg, Epigallocatechin: 1.82mg, Epigallocatechin: 1.82mg, Epigallocatechin: 1.82mg Epicatechin: 4.12mg, Epicatechin: 4.12mg, Epicatechin: 4.12mg, Epicatechin: 4.12mg Epigallocatechin 3-gallate: 0.52mg, Epigallocatechin 3-gallate: 0.52mg, Epigallocatechin 3-gallate: 0.52mg, Epigallocatechin 3-gallate: 0.52mg Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 14.82mg, Hesperetin: 14.82mg, Hesperetin: 14.82mg, Hesperetin: 14.82mg Naringenin: 2.65mg, Naringenin: 2.65mg, Naringenin: 2.65mg, Naringenin: 2.65mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg

## Nutrients (% of daily need)

Calories: 324.8kcal (16.24%), Fat: 6.41g (9.86%), Saturated Fat: 0.69g (4.34%), Carbohydrates: 63.57g (21.19%), Net Carbohydrates: 55.24g (20.09%), Sugar: 42.59g (47.32%), Cholesterol: 0mg (0%), Sodium: 86.27mg (3.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.5g (16.99%), Vitamin C: 87.98mg (106.64%), Vitamin B6: 0.83mg (41.72%), Vitamin B3: 6.79mg (33.96%), Fiber: 8.32g (33.3%), Potassium: 1107.23mg (31.64%), Manganese: 0.62mg (30.82%), Vitamin E: 4.44mg (29.6%), Folate: 115.15µg (28.79%), Vitamin A: 1357.76IU (27.16%), Copper: 0.51mg (25.68%), Vitamin B1: 0.38mg (25.21%), Vitamin B2: 0.42mg (24.92%), Magnesium: 86.94mg (21.74%), Vitamin B12: 1.27µg (21.24%), Calcium: 209.59mg (20.96%), Selenium: 9.47µg (13.53%), Phosphorus: 130.48mg (13.05%), Iron: 2.13mg (11.83%), Vitamin B5: 0.97mg (9.66%), Vitamin D: 1.42µg (9.44%), Zinc: 1.23mg (8.19%), Vitamin K: 6.26µg (5.97%)