



Pineapple, Arugula, Macadamia Nut



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



258 kcal

SIDE DISH

Ingredients

- ☐ 1 cup apple juice
- ☐ 2 tbsp flaxseeds
- ☐ 2 tbsp macadamia nuts raw roughly chopped
- ☐ 0.8 cup mint leaves fresh packed
- ☐ 1.5 cups pineapple fresh chilled chopped
- ☐ 0.8 cup arugula packed
- ☐ 1 pinch sea salt
- ☐ 0.8 cup water filtered

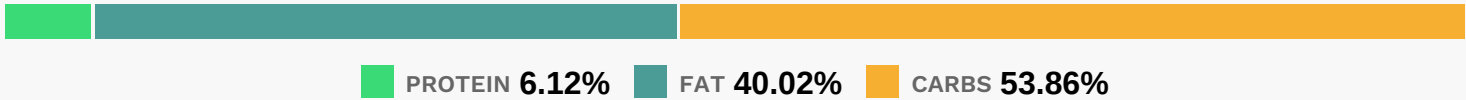
Equipment

☐ blender

Directions

- ☐ Combine the water, apple juice, pineapple, arugula/rocket, mint, macadamia nuts, chia seeds, and salt in a blender. Blend until smooth.
- ☐ Chia seeds create a physical barrier between carbohydrates and the digestive enzymes that break them down, thus slowing the conversion of carbohydrates into sugar.
- ☐ From Super-Charged Smoothies: More Than 60 Recipes for Energizing Smoothies by Mary Corpening Barber and Sara Corpening Whiteford. Text copyright © 2010 by Mary Corpening Barber and Sara Corpening Whiteford; photographs copyright © 2010 by Jenifer Altman. Published by Chronicle Books LLC.

Nutrition Facts



Properties

Glycemic Index:86.71, Glycemic Load:14.26, Inflammation Score:-8, Nutrition Score:18.398260894029%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg Epicatechin: 5.84mg, Epicatechin: 5.84mg, Epicatechin: 5.84mg, Epicatechin: 5.84mg Eriodictyol: 5.22mg, Eriodictyol: 5.22mg, Eriodictyol: 5.22mg, Eriodictyol: 5.22mg Hesperetin: 1.71mg, Hesperetin: 1.71mg, Hesperetin: 1.71mg Apigenin: 0.91mg, Apigenin: 0.91mg, Apigenin: 0.91mg, Apigenin: 0.91mg Luteolin: 2.15mg, Luteolin: 2.15mg, Luteolin: 2.15mg, Luteolin: 2.15mg Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg Kaempferol: 2.62mg, Kaempferol: 2.62mg, Kaempferol: 2.62mg, Kaempferol: 2.62mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 257.8kcal (12.89%), Fat: 12.31g (18.95%), Saturated Fat: 1.66g (10.37%), Carbohydrates: 37.28g (12.43%), Net Carbohydrates: 30.24g (11%), Sugar: 24.88g (27.65%), Cholesterol: 0mg (0%), Sodium: 40.77mg (1.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.24g (8.48%), Manganese: 2.12mg (106.14%), Vitamin C: 66.94mg (81.14%), Vitamin B1: 0.42mg (28.3%), Fiber: 7.04g (28.16%), Magnesium: 91.16mg (22.79%), Copper: 0.42mg (21.2%), Vitamin A: 967.84IU (19.36%), Folate: 58.59µg (14.65%), Potassium: 501.93mg (14.34%), Iron:

2.42mg (13.43%), Vitamin B6: 0.26mg (13.15%), Phosphorus: 117.8mg (11.78%), Calcium: 115.69mg (11.57%), Vitamin K: 9.47µg (9.02%), Vitamin B2: 0.14mg (8.49%), Vitamin B3: 1.58mg (7.88%), Zinc: 0.97mg (6.46%), Vitamin B5: 0.59mg (5.88%), Selenium: 3.17µg (4.53%), Vitamin E: 0.15mg (1.03%)