



Pineapple Guava (Feijoa) and Strawberry Smoothie



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



38 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 1 tbsp agave nectar
- ☐ 2 crosswise of guava
- ☐ 1 cup pineapple guavas peeled seeded chopped
- ☐ 0.3 cup orange juice
- ☐ 0.3 cup yogurt plain
- ☐ 6 medium strawberries hulled halved

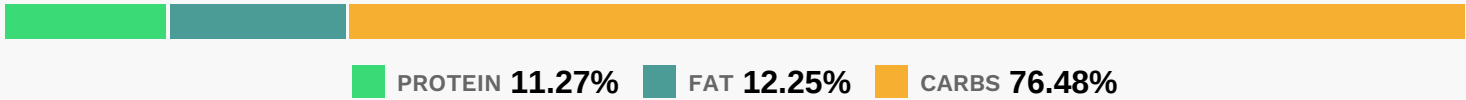
Equipment

☐ blender

Directions

- ☐ Whirl fruit, yogurt, orange juice, and agave nectar with 1 cup ice in a blender until smooth, about 1 minute.
- ☐ Pour into 2 glasses and garnish each with a slice of guava.

Nutrition Facts



Properties

Glycemic Index:25.6, Glycemic Load:2.72, Inflammation Score:-5, Nutrition Score:6.6760869664343%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 1.79mg, Pelargonidin: 1.79mg, Pelargonidin: 1.79mg, Pelargonidin: 1.79mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 38.12kcal (1.91%), Fat: 0.56g (0.86%), Saturated Fat: 0.22g (1.39%), Carbohydrates: 7.88g (2.63%), Net Carbohydrates: 5.91g (2.15%), Sugar: 5.57g (6.19%), Cholesterol: 0.8mg (0.27%), Sodium: 3.71mg (0.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.16g (2.32%), Vitamin C: 84.1mg (101.94%), Fiber: 1.97g (7.88%), Folate: 21.06µg (5.27%), Potassium: 172.69mg (4.93%), Vitamin A: 228.37IU (4.57%), Copper: 0.08mg (4.2%), Manganese: 0.08mg (3.96%), Vitamin B6: 0.05mg (2.48%), Magnesium: 9.74mg (2.44%), Vitamin B1: 0.03mg (2.27%), Phosphorus: 22.02mg (2.2%), Vitamin B3: 0.43mg (2.17%), Vitamin B5: 0.2mg (1.96%), Vitamin E: 0.29mg (1.95%), Vitamin B2: 0.03mg (1.71%), Calcium: 15.3mg (1.53%), Vitamin K: 1.52µg (1.45%)