



Post-Workout Refueler



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



273 kcal

SIDE DISH

Ingredients

- ☐ 8 ounces apples cored cubed
- ☐ 2 medium oranges peeled cut into chunks (10 ounces total)
- ☐ 4 ounces sweet potatoes and into scrubbed coarsely chopped
- ☐ 0.5 cup water
- ☐ 0.3 cup almonds raw whole

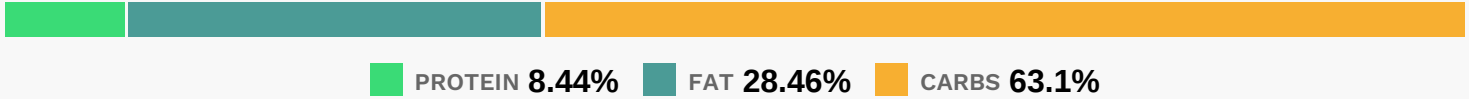
Equipment

- ☐ blender

Directions

☐ In a blender, combine oranges, almonds, sweet potato, apple, and water; blend, scraping down sides occasionally, until smooth. Strain juice and, if desired, thin with additional water. Refrigerate up to 2 days (shake before serving).

Nutrition Facts



Properties

Glycemic Index:71.25, Glycemic Load:15.16, Inflammation Score:-10, Nutrition Score:20.81130426863%

Flavonoids

Cyanidin: 2.22mg, Cyanidin: 2.22mg, Cyanidin: 2.22mg, Cyanidin: 2.22mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.7mg, Catechin: 1.7mg, Catechin: 1.7mg, Catechin: 1.7mg Epigallocatechin: 0.76mg, Epigallocatechin: 0.76mg, Epigallocatechin: 0.76mg, Epigallocatechin: 0.76mg Epicatechin: 8.65mg, Epicatechin: 8.65mg, Epicatechin: 8.65mg, Epicatechin: 8.65mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 35.7mg, Hesperetin: 35.7mg, Hesperetin: 35.7mg, Hesperetin: 35.7mg Naringenin: 20.15mg, Naringenin: 20.15mg, Naringenin: 20.15mg, Naringenin: 20.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 5.21mg, Quercetin: 5.21mg, Quercetin: 5.21mg, Quercetin: 5.21mg

Nutrients (% of daily need)

Calories: 272.79kcal (13.64%), Fat: 9.3g (14.3%), Saturated Fat: 0.74g (4.63%), Carbohydrates: 46.38g (15.46%), Net Carbohydrates: 36.57g (13.3%), Sugar: 27.19g (30.21%), Cholesterol: 0mg (0%), Sodium: 35.45mg (1.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.21g (12.41%), Vitamin A: 8400.06IU (168%), Vitamin C: 76.27mg (92.45%), Fiber: 9.8g (39.2%), Vitamin E: 5.16mg (34.42%), Manganese: 0.63mg (31.36%), Magnesium: 81.8mg (20.45%), Potassium: 680.55mg (19.44%), Vitamin B2: 0.32mg (18.84%), Copper: 0.37mg (18.44%), Phosphorus: 143.44mg (14.34%), Vitamin B1: 0.21mg (14.27%), Folate: 56.8µg (14.2%), Vitamin B6: 0.27mg (13.4%), Calcium: 126.07mg (12.61%), Vitamin B5: 0.93mg (9.34%), Vitamin B3: 1.44mg (7.18%), Iron: 1.28mg (7.09%), Zinc: 0.87mg (5.81%), Vitamin K: 3.52µg (3.35%), Selenium: 1.73µg (2.47%)