



Power Drink ***THE ORANGE

 Vegetarian  Gluten Free

READY IN

ready

15 min.

SERVINGS

servings

4

CALORIES

calories

204 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 apples cored
- ☐ 2 bananas ripe peeled
- ☐ 4 carrots trimmed scrubbed
- ☐ 4 dates pitted to taste
- ☐ 1 tablespoon ground flax seed
- ☐ 8 cubes ice cubes or as needed
- ☐ 1 juice of lemon juiced
- ☐ 0.5 cup orange juice

- ☐ 8 ounce yogurt plain
- ☐ 1 pinch salt

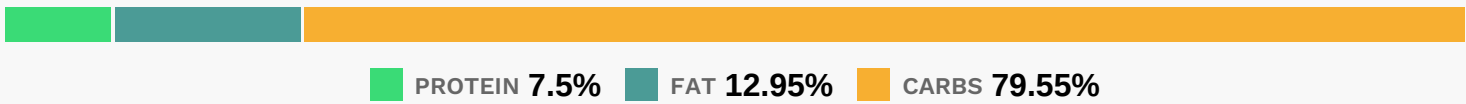
Equipment

- ☐ blender

Directions

- ☐ Blend the bananas, carrots, apples, yogurt, orange juice, lemon juice, flax seed, salt, dates, and ice cubes in a blender until smooth.

Nutrition Facts



Properties

Glycemic Index:72.15, Glycemic Load:16.38, Inflammation Score:-10, Nutrition Score:14.948260778966%

Flavonoids

Cyanidin: 1.55mg, Cyanidin: 1.55mg, Cyanidin: 1.55mg, Cyanidin: 1.55mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 4.78mg, Catechin: 4.78mg, Catechin: 4.78mg, Catechin: 4.78mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.86mg, Epicatechin: 6.86mg, Epicatechin: 6.86mg, Epicatechin: 6.86mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg Hesperetin: 4.79mg, Hesperetin: 4.79mg, Hesperetin: 4.79mg, Hesperetin: 4.79mg Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.98mg, Quercetin: 3.98mg, Quercetin: 3.98mg, Quercetin: 3.98mg

Nutrients (% of daily need)

Calories: 204.11kcal (10.21%), Fat: 3.18g (4.9%), Saturated Fat: 1.38g (8.6%), Carbohydrates: 43.99g (14.66%), Net Carbohydrates: 37.44g (13.62%), Sugar: 29.45g (32.73%), Cholesterol: 7.37mg (2.46%), Sodium: 81.81mg (3.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.15g (8.3%), Vitamin A: 10396.84IU (207.94%), Vitamin C: 31.64mg (38.35%), Fiber: 6.55g (26.19%), Potassium: 721.55mg (20.62%), Vitamin B6: 0.39mg (19.59%), Manganese: 0.35mg (17.38%), Magnesium: 48.61mg (12.15%), Phosphorus: 119.65mg (11.96%), Vitamin B2: 0.2mg (11.79%), Folate: 43.74µg (10.94%), Calcium: 109.04mg (10.9%), Vitamin K: 10.76µg (10.25%), Vitamin B1: 0.15mg (10.17%), Copper:

0.16mg (7.91%), Vitamin B5: 0.77mg (7.67%), Vitamin B3: 1.39mg (6.95%), Zinc: 0.72mg (4.83%), Vitamin E: 0.69mg (4.61%), Iron: 0.71mg (3.97%), Selenium: 2.59µg (3.7%), Vitamin B12: 0.21µg (3.5%)