



# Powerhouse Almond Matcha Superfood Smoothie

 **Gluten Free**  **Dairy Free**

READY IN



10 min.

SERVINGS



2

CALORIES



379 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

## Ingredients

- 2 tablespoons smooth almond butter unsalted
- 2 tablespoons smooth almond butter unsalted
- 1.5 cups vanilla almond milk unsweetened
- 1 medium banana frozen
- 2 teaspoons chia seeds
- 1 cup kale packed
- 0.5 cup mangos frozen

- 1 tablespoon matcha tea powder green
- 0.8 cup pineapple frozen
- 0.5 teaspoon vanilla extract

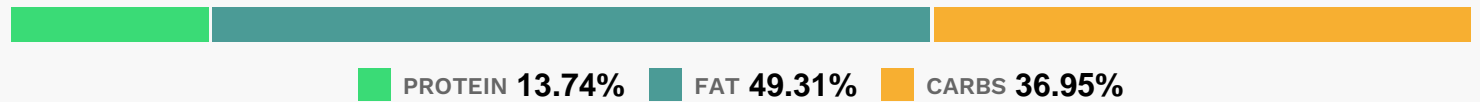
## Equipment

- blender

## Directions

- Combine all of the ingredients in a blender. Blend on high until smooth.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:98.6, Glycemic Load:13.65, Inflammation Score:-10, Nutrition Score:25.407391304348%

## Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 4.31mg, Catechin: 4.31mg, Catechin: 4.31mg, Catechin: 4.31mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.48mg, Isorhamnetin: 2.48mg, Isorhamnetin: 2.48mg, Isorhamnetin: 2.48mg Kaempferol: 5mg, Kaempferol: 5mg, Kaempferol: 5mg, Kaempferol: 5mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg

## Taste

Sweetness: 100%, Saltiness: 1.8%, Sourness: 42.06%, Bitterness: 33.3%, Savoriness: 5.35%, Fattiness: 60.27%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 379.42kcal (18.97%), Fat: 21.82g (33.57%), Saturated Fat: 1.59g (9.94%), Carbohydrates: 36.79g (12.26%), Net Carbohydrates: 28.07g (10.21%), Sugar: 20.76g (23.07%), Cholesterol: 0mg (0%), Sodium: 253.91mg (11.04%), Alcohol: 0.34g (1.91%), Protein: 13.68g (27.36%), Manganese: 1.62mg (81.06%), Vitamin C: 59.6mg (72.24%), Vitamin E: 8.28mg (55.19%), Vitamin K: 43.41µg (41.34%), Calcium: 403.59mg (40.36%), Vitamin A: 1946.4IU (38.93%), Fiber:

8.73g (34.9%), Magnesium: 133.75mg (33.44%), Copper: 0.5mg (25.1%), Vitamin B2: 0.42mg (24.89%), Phosphorus: 226.5mg (22.65%), Vitamin B6: 0.38mg (19.18%), Iron: 3.34mg (18.58%), Potassium: 641.62mg (18.33%), Folate: 66.11µg (16.53%), Vitamin B3: 2.47mg (12.34%), Zinc: 1.48mg (9.85%), Vitamin B1: 0.13mg (8.57%), Selenium: 3.97µg (5.67%), Vitamin B5: 0.52mg (5.22%)