



## Quick and Easy Green Smoothie

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



2

CALORIES



141 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

### Ingredients

- 1 medium banana ripe
- 3 large handfuls pkt spinach fresh washed ()
- 1 cup greek yogurt plain
- 6 oz water
- 1 teaspoon coconut oil

### Equipment

- blender

## Directions

Put all ingredients in a blender, and blend until smooth.

## Nutrition Facts

**PROTEIN 32.97%** **FAT 16.51%** **CARBS 50.52%**

## Properties

Glycemic Index:54.39, Glycemic Load:6.74, Inflammation Score:-10, Nutrition Score:19.583913284799%

## Flavonoids

Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 2.94mg, Kaempferol: 2.94mg, Kaempferol: 2.94mg, Kaempferol: 2.94mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

## Nutrients (% of daily need)

Calories: 140.52kcal (7.03%), Fat: 2.72g (4.19%), Saturated Fat: 1.85g (11.58%), Carbohydrates: 18.74g (6.25%), Net Carbohydrates: 16.22g (5.9%), Sugar: 10.66g (11.84%), Cholesterol: 5mg (1.67%), Sodium: 76.39mg (3.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.23g (24.46%), Vitamin K: 217.66µg (207.29%), Vitamin A: 4261.41IU (85.23%), Manganese: 0.57mg (28.6%), Folate: 106.1µg (26.53%), Vitamin B2: 0.41mg (24.07%), Vitamin C: 17.78mg (21.55%), Vitamin B6: 0.37mg (18.41%), Potassium: 603.32mg (17.24%), Phosphorus: 171.03mg (17.1%), Calcium: 161.07mg (16.11%), Magnesium: 63.33mg (15.83%), Selenium: 10.94µg (15.63%), Vitamin B12: 0.7µg (11.67%), Fiber: 2.52g (10.1%), Iron: 1.44mg (8.02%), Copper: 0.14mg (6.76%), Vitamin E: 0.98mg (6.56%), Zinc: 0.87mg (5.77%), Vitamin B5: 0.56mg (5.57%), Vitamin B1: 0.08mg (5.03%), Vitamin B3: 0.93mg (4.65%)