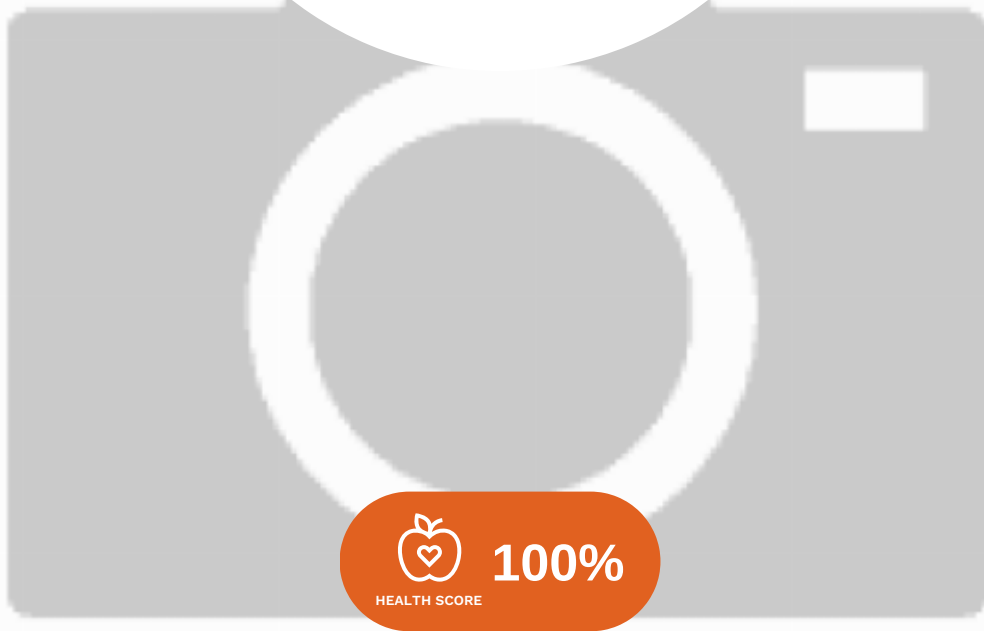




Quick Green Smoothie



Vegetarian



Very Healthy

READY IN



10 min.

SERVINGS



1

CALORIES



524 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients



1 banana frozen sliced



1 tablespoon flax seed meal



2 sprigs parsley fresh to taste



0.5 apples green cut into chunks



1 cup kale stemmed



0.3 cup old-fashioned rolled oats



1 tablespoon peanut butter



0.5 pears cut into chunks

- ☐ 1 cup skim milk
- ☐ 1 tablespoon wheat germ

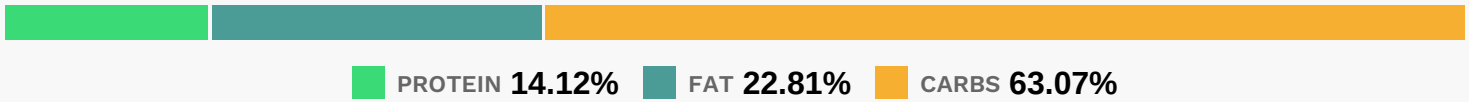
Equipment

- ☐ blender

Directions

- ☐ Blend kale, milk, banana, apple, pear, oats, peanut butter, flax seed meal, wheat germ, and parsley in a blender until smooth.

Nutrition Facts



Properties

Glycemic Index:306.78, Glycemic Load:29.46, Inflammation Score:-10, Nutrition Score:38.201738896577%

Flavonoids

Cyanidin: 3.26mg, Cyanidin: 3.26mg, Cyanidin: 3.26mg, Cyanidin: 3.26mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 8.62mg, Catechin: 8.62mg, Catechin: 8.62mg, Catechin: 8.62mg Epigallocatechin: 0.76mg, Epigallocatechin: 0.76mg, Epigallocatechin: 0.76mg, Epigallocatechin: 0.76mg Epicatechin: 10.22mg, Epicatechin: 10.22mg, Epicatechin: 10.22mg, Epicatechin: 10.22mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 5.22mg, Isorhamnetin: 5.22mg, Isorhamnetin: 5.22mg, Isorhamnetin: 5.22mg Kaempferol: 10.11mg, Kaempferol: 10.11mg, Kaempferol: 10.11mg, Kaempferol: 10.11mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 9.21mg, Quercetin: 9.21mg, Quercetin: 9.21mg, Quercetin: 9.21mg

Nutrients (% of daily need)

Calories: 523.96kcal (26.2%), Fat: 14.18g (21.81%), Saturated Fat: 2.53g (15.79%), Carbohydrates: 88.19g (29.4%), Net Carbohydrates: 73.8g (26.84%), Sugar: 47.08g (52.32%), Cholesterol: 7.35mg (2.45%), Sodium: 188.3mg (8.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.75g (39.5%), Manganese: 2.42mg (120.89%), Vitamin K: 121.96µg (116.15%), Vitamin A: 2913.09IU (58.26%), Fiber: 14.39g (57.56%), Phosphorus: 550.11mg (55.01%), Vitamin C: 40.6mg (49.21%), Magnesium: 175.57mg (43.89%), Calcium: 437.25mg (43.72%), Vitamin B6: 0.87mg (43.34%), Potassium: 1385.95mg (39.6%), Vitamin B1: 0.56mg (37.27%), Vitamin B2: 0.63mg (37.02%), Selenium: 19.01µg (27.15%), Copper: 0.48mg (24.21%), Zinc: 3.63mg (24.21%), Folate: 95.31µg (23.83%), Vitamin B12: 1.42µg

(23.68%), Vitamin B3: 4.52mg (22.6%), Vitamin B5: 1.98mg (19.85%), Vitamin D: 2.69µg (17.97%), Iron: 2.92mg (16.22%), Vitamin E: 2.11mg (14.04%)