



Rejuvenating Coconut Water Smoothie



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



10 min.

SERVINGS



4

CALORIES



196 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients



3 large banana ripe peeled



0.3 cup lite coconut milk light (regular or)



1 cup coconut water



4 servings agave nectar to taste your favorite



0.5 lb strawberries fresh ()

Equipment

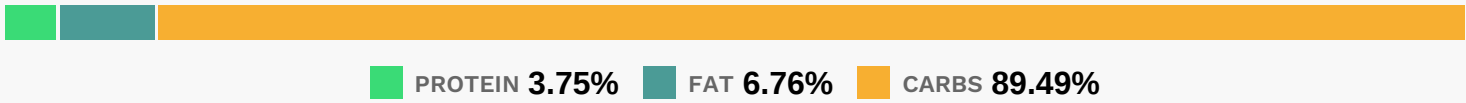


blender

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Rejuvenating Coconut Water Smoothie
- ☐ Ingredients1/2 lb. strawberries (fresh or frozen)3 large ripe bananas, peeled1 cup coconut water1/4 cup coconut milk (regular or light), or coconut milk creamer
- ☐ Honey, agave nectar, sugar, or your favorite sweetener, to taste
- ☐ You will also need
- ☐ Blender
- ☐ Prep Time: 10 Minutes
- ☐ Servings: 4 servings
- ☐ Kosher Key: Pareve

Nutrition Facts



Properties

Glycemic Index:41.19, Glycemic Load:15.84, Inflammation Score:-5, Nutrition Score:9.866087011669%

Flavonoids

Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 14.09mg, Pelargonidin: 14.09mg, Pelargonidin: 14.09mg, Pelargonidin: 14.09mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 7.99mg, Catechin: 7.99mg, Catechin: 7.99mg, Catechin: 7.99mg Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 195.84kcal (9.79%), Fat: 1.55g (2.39%), Saturated Fat: 1.06g (6.63%), Carbohydrates: 46.3g (15.43%), Net Carbohydrates: 41.81g (15.2%), Sugar: 31.06g (34.51%), Cholesterol: 0mg (0%), Sodium: 75.84mg (3.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.94g (3.89%), Vitamin C: 47.22mg (57.24%), Manganese: 0.58mg (29.03%), Vitamin B6: 0.47mg (23.47%), Fiber: 4.49g (17.95%), Potassium: 602.75mg (17.22%), Magnesium: 50.12mg (12.53%), Folate: 42.11µg (10.53%), Vitamin B2: 0.16mg (9.16%), Copper: 0.13mg (6.63%), Vitamin K: 6.48µg (6.17%), Vitamin B1: 0.09mg (5.92%), Vitamin B3: 1.09mg (5.45%), Phosphorus: 48.26mg (4.83%), Vitamin B5: 0.44mg (4.37%), Iron: 0.69mg (3.84%), Selenium: 2.2µg (3.15%), Vitamin E: 0.47mg (3.15%), Calcium: 28.78mg (2.88%), Zinc: 0.29mg (1.96%), Vitamin A: 72.08IU (1.44%)