

Sour Smoothie



Vegetarian



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



2

CALORIES



104 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 1 teaspoon honey to taste
- ☐ 1 cup ice cubes
- ☐ 1 kiwi fruit peeled
- ☐ 1 optional: lemon peeled
- ☐ 2 limes peeled
- ☐ 1 cranberry-orange relish peeled

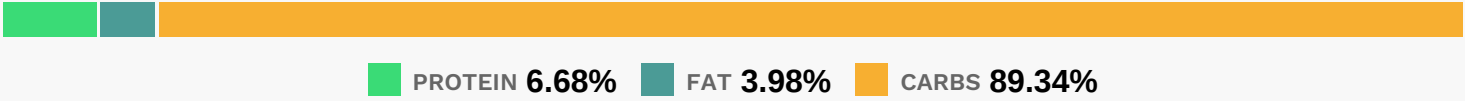
Equipment

- ☐ blender

Directions

 Blend ice, orange, limes, lemon, kiwi, and honey together in a blender until smooth.

Nutrition Facts



Properties

Glycemic Index:102.47, Glycemic Load:9.31, Inflammation Score:-7, Nutrition Score:10.446956572325%

Flavonoids

Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 61.72mg, Hesperetin: 61.72mg, Hesperetin: 61.72mg Naringenin: 12.61mg, Naringenin: 12.61mg, Naringenin: 12.61mg, Naringenin: 12.61mg Luteolin: 1.49mg, Luteolin: 1.49mg, Luteolin: 1.49mg, Luteolin: 1.49mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg

Nutrients (% of daily need)

Calories: 103.57kcal (5.18%), Fat: 0.57g (0.88%), Saturated Fat: 0.06g (0.37%), Carbohydrates: 29.05g (9.68%), Net Carbohydrates: 22.72g (8.26%), Sugar: 15.57g (17.3%), Cholesterol: 0mg (0%), Sodium: 10.75mg (0.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.17g (4.34%), Vitamin C: 116.97mg (141.78%), Fiber: 6.33g (25.33%), Vitamin K: 18.74µg (17.85%), Folate: 42.85µg (10.71%), Potassium: 353.33mg (10.1%), Copper: 0.17mg (8.71%), Calcium: 82.03mg (8.2%), Vitamin B1: 0.11mg (7.4%), Vitamin B6: 0.14mg (7%), Vitamin E: 0.94mg (6.25%), Magnesium: 23.42mg (5.86%), Iron: 0.92mg (5.09%), Vitamin B5: 0.5mg (4.97%), Vitamin A: 232.34IU (4.65%), Phosphorus: 45.48mg (4.55%), Manganese: 0.09mg (4.27%), Vitamin B2: 0.06mg (3.71%), Vitamin B3: 0.55mg (2.73%), Zinc: 0.24mg (1.57%), Selenium: 0.93µg (1.33%)