



## Spiced Green Tea Smoothie

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



2

CALORIES



92 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

## Ingredients

- 2 teaspoons agave nectar
- 0.1 teaspoon ground pepper
- 2 tablespoons yogurt plain fat-free
- 6 ice cubes
- 2 juice of lemon
- 1 small pears cut into pieces
- 0.8 cup tea green chilled

## Equipment

blender

## Directions

Put all ingredients in blender. Blend until smooth. Drink cold.

## Nutrition Facts

 **PROTEIN 6.17%**  **FAT 2.5%**  **CARBS 91.33%**

## Properties

Glycemic Index:41.88, Glycemic Load:4.45, Inflammation Score:-7, Nutrition Score:4.3926087099573%

## Flavonoids

Cyanidin: 1.52mg, Cyanidin: 1.52mg, Cyanidin: 1.52mg, Cyanidin: 1.52mg Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg Epigallocatechin: 7.56mg, Epigallocatechin: 7.56mg, Epigallocatechin: 7.56mg, Epigallocatechin: 7.56mg Epicatechin: 4.67mg, Epicatechin: 4.67mg, Epicatechin: 4.67mg, Epicatechin: 4.67mg Epicatechin 3-gallate: 5.2mg, Epicatechin 3-gallate: 5.2mg, Epicatechin 3-gallate: 5.2mg, Epicatechin 3-gallate: 5.2mg Epigallocatechin 3-gallate: 8.41mg, Epigallocatechin 3-gallate: 8.41mg, Epigallocatechin 3-gallate: 8.41mg, Epigallocatechin 3-gallate: 8.41mg Theaflavin: 1.4mg, Theaflavin: 1.4mg, Theaflavin: 1.4mg, Theaflavin: 1.4mg Thearubigins: 71.95mg, Thearubigins: 71.95mg, Thearubigins: 71.95mg, Thearubigins: 71.95mg Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 1.25mg, Kaempferol: 1.25mg, Kaempferol: 1.25mg, Kaempferol: 1.25mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 2.67mg, Quercetin: 2.67mg, Quercetin: 2.67mg, Quercetin: 2.67mg Theaflavin-3,3'-digallate: 1.55mg, Theaflavin-3,3'-digallate: 1.55mg, Theaflavin-3,3'-digallate: 1.55mg, Theaflavin-3,3'-digallate: 1.55mg Theaflavin-3'-gallate: 1.34mg, Theaflavin-3'-gallate: 1.34mg, Theaflavin-3'-gallate: 1.34mg, Theaflavin-3'-gallate: 1.34mg Gallocatechin: 1.11mg, Gallocatechin: 1.11mg, Gallocatechin: 1.11mg, Gallocatechin: 1.11mg

## Nutrients (% of daily need)

Calories: 92.26kcal (4.61%), Fat: 0.28g (0.43%), Saturated Fat: 0.06g (0.36%), Carbohydrates: 22.83g (7.61%), Net Carbohydrates: 20.39g (7.42%), Sugar: 16.32g (18.13%), Cholesterol: 0.4mg (0.13%), Sodium: 21.63mg (0.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 17.7mg (5.9%), Protein: 1.54g (3.08%), Vitamin C: 16.77mg (20.32%), Manganese: 0.24mg (11.85%), Fiber: 2.44g (9.75%), Vitamin B2: 0.1mg (5.92%), Potassium: 203.4mg (5.81%), Vitamin K: 5.65µg (5.38%), Folate: 21.14µg (5.28%), Calcium: 49.81mg (4.98%), Phosphorus: 44.03mg (4.4%), Copper: 0.09mg (4.27%), Vitamin B6: 0.07mg (3.62%), Magnesium: 14.15mg (3.54%), Vitamin B1: 0.04mg (2.55%), Vitamin B5: 0.21mg (2.13%), Zinc: 0.31mg (2.06%), Vitamin B12: 0.12µg (2.03%), Vitamin E: 0.27mg (1.79%), Vitamin A: 73.71IU (1.47%), Selenium: 1µg (1.44%), Vitamin B3: 0.25mg (1.26%), Iron: 0.21mg (1.18%)