



Spring Salad Smoothie



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



15

CALORIES



8 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 0.3 cup baby spinach
- ☐ 0.5 cup carrot juice
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 tablespoon ground flaxseeds
- ☐ 0.3 cup ice cubes
- ☐ 3 tablespoons wheatgrass juice frozen thawed (such as Evergreen brand)
- ☐ 1.5 tablespoons juice of lemon fresh
- ☐ 0.5 teaspoon matcha tea powder

1 pinch sea salt fine

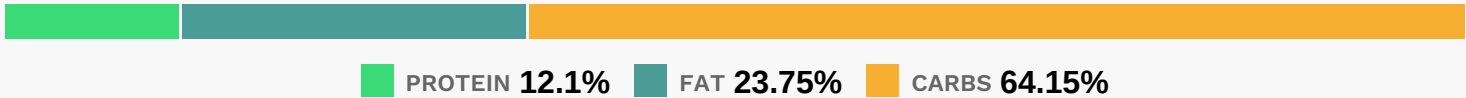
Equipment

blender

Directions

- Pure all ingredients in a blender until smooth.
- Pour into a chilled serving glass, and serve.

Nutrition Facts



Properties

Glycemic Index:11.98, Glycemic Load:0.43, Inflammation Score:-7, Nutrition Score:2.0817391185657%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 7.88kcal (0.39%), Fat: 0.22g (0.34%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 1.33g (0.44%), Net Carbohydrates: 1.11g (0.41%), Sugar: 0.64g (0.72%), Cholesterol: 0mg (0%), Sodium: 8.67mg (0.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.25g (0.5%), Vitamin A: 1561.69IU (31.23%), Vitamin K: 3.82µg (3.64%), Vitamin C: 1.43mg (1.74%), Manganese: 0.03mg (1.45%), Vitamin B1: 0.02mg (1.09%), Vitamin B6: 0.02mg (1.08%)