



Strawberry and Spinach Cooler Smoothie



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



59 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients



250 ml apple juice



1 large handful baby spinach



0.3 cucumber



1 tsp wheatgrass juice powder



300 g strawberries

Equipment

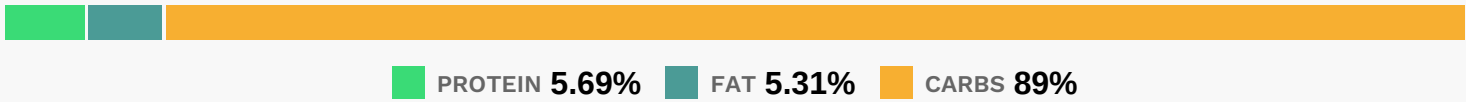


blender

Directions

- ☐ Rinse the strawberries, spinach and cucumber and pat dry.
- ☐ Whizz all the ingredients in a blender.
- ☐ Add a few ice cubes, if you have a powerful blender.
- ☐ Enjoy!

Nutrition Facts



Properties

Glycemic Index:42.13, Glycemic Load:4.8, Inflammation Score:-7, Nutrition Score:8.2347825687865%

Flavonoids

Cyanidin: 1.27mg, Cyanidin: 1.27mg, Cyanidin: 1.27mg, Cyanidin: 1.27mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 18.64mg, Pelargonidin: 18.64mg, Pelargonidin: 18.64mg, Pelargonidin: 18.64mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 3.17mg, Catechin: 3.17mg, Catechin: 3.17mg, Catechin: 3.17mg Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg Epicatechin: 3.46mg, Epicatechin: 3.46mg, Epicatechin: 3.46mg, Epicatechin: 3.46mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 58.69kcal (2.93%), Fat: 0.37g (0.57%), Saturated Fat: 0.03g (0.21%), Carbohydrates: 13.98g (4.66%), Net Carbohydrates: 12.05g (4.38%), Sugar: 10.38g (11.53%), Cholesterol: 0mg (0%), Sodium: 9.72mg (0.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.89g (1.79%), Vitamin C: 47.41mg (57.46%), Vitamin K: 39.22µg (37.36%), Manganese: 0.42mg (20.99%), Vitamin A: 726.44IU (14.53%), Folate: 35.17µg (8.79%), Fiber: 1.93g (7.72%), Potassium: 249.53mg (7.13%), Magnesium: 21.26mg (5.32%), Vitamin B6: 0.07mg (3.57%), Iron: 0.63mg (3.51%), Copper: 0.07mg (3.35%), Phosphorus: 30.29mg (3.03%), Vitamin B1: 0.04mg (2.91%), Vitamin B2: 0.05mg (2.75%), Calcium: 27.39mg (2.74%), Vitamin E: 0.38mg (2.55%), Vitamin B3: 0.4mg (2%), Vitamin B5: 0.18mg (1.76%), Zinc:

0.19mg (1.27%)