



Strawberry Mango Smoothies



Vegetarian



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



216 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 3 cups strawberries fresh chopped
- ☐ 1 cup mangos ripe chopped
- ☐ 1 cup coconut milk
- ☐ 0.5 cup orange juice
- ☐ 2 tablespoons honey
- ☐ 1 cup ice cubes

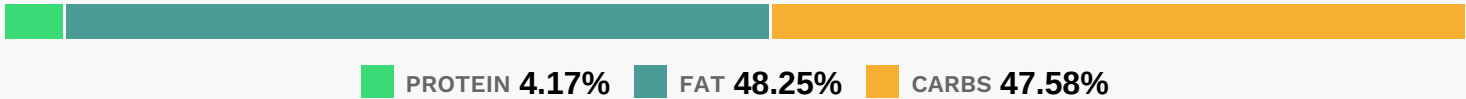
Equipment

- ☐ blender

Directions

- ☐ In blender, place all ingredients. Cover; blend on high speed until smooth.
- ☐ Pour into 4 glasses.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:73.26, Glycemic Load:13.01, Inflammation Score:-7, Nutrition Score:12.310434813085%

Flavonoids

Cyanidin: 1.86mg, Cyanidin: 1.86mg, Cyanidin: 1.86mg, Cyanidin: 1.86mg Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 0.34mg, Delphinidin: 0.34mg, Delphinidin: 0.34mg, Delphinidin: 0.34mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 26.85mg, Pelargonidin: 26.85mg, Pelargonidin: 26.85mg, Pelargonidin: 26.85mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 4.07mg, Catechin: 4.07mg, Catechin: 4.07mg, Catechin: 4.07mg Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg Epicatechin 3-gallate: 0.16mg, Epicatechin 3-gallate: 0.16mg, Epicatechin 3-gallate: 0.16mg, Epicatechin 3-gallate: 0.16mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.94mg, Naringenin: 0.94mg, Naringenin: 0.94mg, Naringenin: 0.94mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 216.49kcal (10.82%), Fat: 12.59g (19.38%), Saturated Fat: 10.75g (67.18%), Carbohydrates: 27.95g (9.32%), Net Carbohydrates: 25.04g (9.11%), Sugar: 22.16g (24.62%), Cholesterol: 0mg (0%), Sodium: 12.52mg (0.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.45g (4.9%), Vitamin C: 94.64mg (114.71%), Manganese: 0.89mg (44.48%), Folate: 61.08µg (15.27%), Iron: 2.48mg (13.77%), Copper: 0.25mg (12.53%), Potassium: 426.3mg (12.18%), Magnesium: 48.37mg (12.09%), Fiber: 2.9g (11.61%), Vitamin A: 521.28IU (10.43%), Phosphorus: 91.63mg (9.16%), Vitamin B6: 0.13mg (6.53%), Vitamin B3: 1.19mg (5.95%), Vitamin B1: 0.08mg (5.19%), Vitamin E: 0.7mg (4.65%),

Vitamin K: 4.14µg (3.94%), Calcium: 37.8mg (3.78%), Vitamin B5: 0.37mg (3.69%), Zinc: 0.55mg (3.66%), Vitamin B2: 0.05mg (3.1%), Selenium: 0.79µg (1.13%)