



Strawberry Spinach Booster



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



4

CALORIES



127 kcal

SIDE DISH

Ingredients

- ☐ 0.5 avocado
- ☐ 1 small handful baby spinach
- ☐ 1 banana
- ☐ 4 tbsp greek yoghurt
- ☐ 0.5 pint milk
- ☐ 1 tsp quinoa powder
- ☐ 10 strawberries frozen

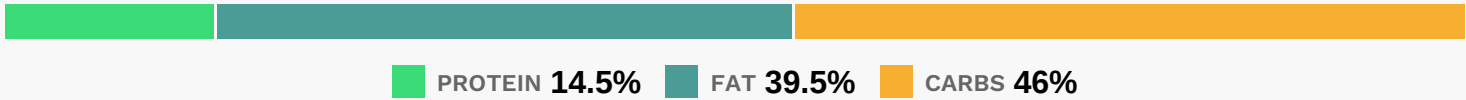
Equipment

☐ blender

Directions

- ☐ Add all the ingredients to a blender and whizz until smooth.
- ☐ If it is a little thick, just add more milk.
- ☐ Serve in wine glasses.

Nutrition Facts



Properties

Glycemic Index:51.19, Glycemic Load:5.21, Inflammation Score:-7, Nutrition Score:10.903043498164%

Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Pelargonidin: 7.45mg, Pelargonidin: 7.45mg, Pelargonidin: 7.45mg, Pelargonidin: 7.45mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 2.73mg, Catechin: 2.73mg, Catechin: 2.73mg, Catechin: 2.73mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 126.95kcal (6.35%), Fat: 5.93g (9.13%), Saturated Fat: 1.7g (10.64%), Carbohydrates: 15.54g (5.18%), Net Carbohydrates: 12.24g (4.45%), Sugar: 8.6g (9.55%), Cholesterol: 7.85mg (2.62%), Sodium: 36.22mg (1.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.9g (9.8%), Vitamin K: 42.49µg (40.46%), Vitamin C: 24.83mg (30.09%), Vitamin A: 859.03IU (17.18%), Manganese: 0.33mg (16.36%), Fiber: 3.3g (13.21%), Folate: 51.32µg (12.83%), Vitamin B6: 0.25mg (12.66%), Potassium: 432.02mg (12.34%), Vitamin B2: 0.2mg (11.92%), Phosphorus: 116.2mg (11.62%), Calcium: 106.69mg (10.67%), Magnesium: 36.25mg (9.06%), Vitamin B5: 0.77mg (7.7%), Vitamin B12: 0.42µg (7.07%), Vitamin E: 0.85mg (5.67%), Vitamin B1: 0.08mg (5.33%), Copper: 0.11mg (5.27%), Selenium: 3.3µg (4.72%), Vitamin B3: 0.92mg (4.58%), Vitamin D: 0.65µg (4.34%), Zinc: 0.65mg (4.31%), Iron: 0.61mg (3.38%)