

Sunrise Smoothie



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



126 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 2 medium bananas ripe cut into 1-inch pieces
- ☐ 1 tablespoon honey
- ☐ 0.8 pound kiwifruit cubed peeled
- ☐ 1.5 cups soy milk boiling reduced-fat
- ☐ 4 fruit-flavored tea bags green

Equipment

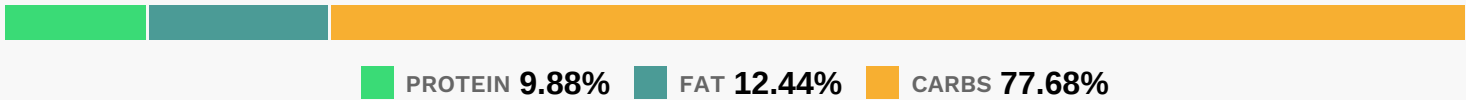
- ☐ bowl
- ☐ sieve

- ☐ blender
- ☐ ziploc bags

Directions

- ☐ Place cubed kiwifruit and banana pieces in a large zip-top plastic bag; seal and place in freezer for 30 minutes or until almost firm.
- ☐ Place the tea bags in a medium bowl.
- ☐ Pour the boiling soy milk over tea bags, and steep for 3 minutes. Strain the tea mixture through a fine sieve into a bowl, and discard the tea bags. Stir in honey, and cool.
- ☐ Combine the kiwifruit, bananas, and tea mixture in a blender, and process until mixture is smooth.

Nutrition Facts



Properties

Glycemic Index:38.63, Glycemic Load:11.69, Inflammation Score:-6, Nutrition Score:12.431304423705%

Flavonoids

Catechin: 2.88mg, Catechin: 2.88mg, Catechin: 2.88mg, Catechin: 2.88mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 126.1kcal (6.3%), Fat: 1.86g (2.87%), Saturated Fat: 0.22g (1.37%), Carbohydrates: 26.19g (8.73%), Net Carbohydrates: 22.63g (8.23%), Sugar: 17.11g (19.02%), Cholesterol: 0mg (0%), Sodium: 39.44mg (1.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.33g (6.66%), Vitamin C: 60.05mg (72.79%), Vitamin K: 27.66µg (26.34%), Vitamin B6: 0.38mg (19.03%), Vitamin E: 2.72mg (18.11%), Vitamin B3: 2.9mg (14.51%), Fiber: 3.56g (14.24%), Vitamin B12: 0.76µg (12.74%), Calcium: 125.55mg (12.55%), Folate: 49.87µg (12.47%), Potassium: 405.7mg (11.59%), Vitamin B2: 0.19mg (11.41%), Copper: 0.22mg (10.83%), Manganese: 0.2mg (9.87%), Vitamin A: 367.65IU (7.35%), Magnesium: 23.71mg (5.93%), Vitamin D: 0.85µg (5.66%), Vitamin B1: 0.08mg (5.13%), Iron: 0.65mg (3.61%), Phosphorus: 33.69mg (3.37%), Selenium: 2.27µg (3.24%), Vitamin B5: 0.28mg (2.85%), Zinc: 0.35mg (2.3%)