



Sunrise Smoothie Parfait

 Dairy Free

READY IN



12 min.

SERVINGS



12

CALORIES



26 kcal

Ingredients

- ☐ 0.5 tablespoon agave nectar light
- ☐ 0.5 cup blueberries wild unsweetened frozen
- ☐ 0.3 cup coconut water
- ☐ 0.5 cup pineapple cubes unsweetened frozen (such as Dole)
- ☐ 0.3 cup ice cubes
- ☐ 1 tablespoon juice of lime fresh
- ☐ 0.5 cup mangos ripe cubed peeled
- ☐ 2 tablespoons açai pulp frozen
- ☐ 2 tablespoons coconut or unsweetened flaked

- ☐ 1.5 tablespoons water cold
- ☐ 1 tablespoon wheat germ toasted

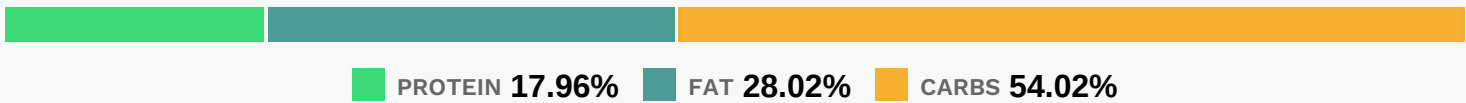
Equipment

- ☐ blender

Directions

- ☐ Pure first 4 ingredients in a blender until smooth.
- ☐ Pour into a chilled glass.
- ☐ Rinse blender, and pure mango with ice, lime juice, and wheat germ until smooth. Spoon over the blueberry mixture.
- ☐ Rinse blender again; pure pineapple with remaining ingredients until smooth. Spoon into glass over mango mixture; serve.

Nutrition Facts



Properties

Glycemic Index:13.48, Glycemic Load:0.95, Inflammation Score:-1, Nutrition Score:1.3478260973225%

Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg Petunidin: 1.94mg, Petunidin: 1.94mg, Petunidin: 1.94mg, Petunidin: 1.94mg Delphinidin: 2.19mg, Delphinidin: 2.19mg, Delphinidin: 2.19mg, Delphinidin: 2.19mg Malvidin: 4.17mg, Malvidin: 4.17mg, Malvidin: 4.17mg, Malvidin: 4.17mg Peonidin: 1.25mg, Peonidin: 1.25mg, Peonidin: 1.25mg, Peonidin: 1.25mg Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 25.75kcal (1.29%), Fat: 0.86g (1.32%), Saturated Fat: 0.51g (3.16%), Carbohydrates: 3.71g (1.24%), Net Carbohydrates: 3.2g (1.16%), Sugar: 2.45g (2.72%), Cholesterol: 2.54mg (0.85%), Sodium: 68.29mg (2.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.23g (2.47%), Manganese: 0.13mg (6.31%), Vitamin C: 3.76mg (4.55%), Fiber: 0.52g (2.06%), Vitamin K: 1.69µg (1.61%), Vitamin A: 78.34IU (1.57%), Copper: 0.03mg (1.49%), Folate: 5.87µg (1.47%), Vitamin B6: 0.03mg (1.34%), Selenium: 0.89µg (1.27%), Potassium: 44.16mg (1.26%), Magnesium: 4.97mg (1.24%), Vitamin B1: 0.02mg (1.11%)