




 **76%**
HEALTH SCORE

Super Athlete Spinach Smoothies


 Vegetarian  Gluten Free  Very Healthy

READY IN




8 min.

SERVINGS



2

CALORIES



230 kcal

MORNING MEAL BRUNCH BREAKFAST BEVERAGE

Ingredients

- 9 oz spinach frozen chopped
- 6 oz greek yogurt fat free
- 1 avocado half pitted peeled
- 0.8 cup pomegranate-blueberry juice concentrate
- 0.5 cup blueberries frozen organic cascadian farm®

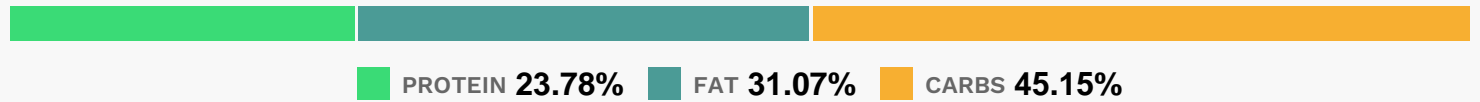
Equipment

- blender
- microwave

Directions

- Microwave spinach as directed on box. Rinse with cold water until cooled.
- Drain, squeezing out as much liquid as possible.
- In blender, place 1/4 cup of the cooked spinach and remaining ingredients. (Cover and refrigerate remaining spinach for another use.) Cover; blend on high speed about 30 seconds or until smooth.
- Pour into 2 glasses.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:40, Glycemic Load:2.16, Inflammation Score:-10, Nutrition Score:31.516521744106%

Flavonoids

Cyanidin: 3.3mg, Cyanidin: 3.3mg, Cyanidin: 3.3mg, Cyanidin: 3.3mg Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 229.89kcal (11.49%), Fat: 8.51g (13.1%), Saturated Fat: 1.22g (7.62%), Carbohydrates: 27.84g (9.28%), Net Carbohydrates: 19.9g (7.24%), Sugar: 17g (18.89%), Cholesterol: 4.25mg (1.42%), Sodium: 153.73mg (6.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.66g (29.33%), Vitamin K: 492.21µg (468.77%), Vitamin A: 15060.9IU (301.22%), Vitamin C: 51.71mg (62.68%), Folate: 233.65µg (58.41%), Manganese: 1.1mg (55.05%), Vitamin E: 6.58mg (43.85%), Vitamin B2: 0.6mg (35.58%), Fiber: 7.94g (31.75%), Magnesium: 121.75mg (30.44%), Calcium: 268.08mg (26.81%), Potassium: 919.26mg (26.26%), Selenium: 16.31µg (23.3%), Vitamin B6: 0.42mg (21.08%),

Phosphorus: 208.62mg (20.86%), Iron: 3.57mg (19.82%), Copper: 0.31mg (15.71%), Vitamin B1: 0.19mg (12.39%),
Vitamin B5: 1.14mg (11.42%), Zinc: 1.54mg (10.3%), Vitamin B12: 0.6µg (9.92%), Vitamin B3: 1.85mg (9.25%)