



Sweet Sensation Spinach Smoothies

 Vegetarian  Gluten Free  Dairy Free  Very Healthy

READY IN



8 min.

SERVINGS



2

CALORIES



206 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 9 oz spinach frozen chopped
- 1 medium banana
- 1 cup peaches frozen organic sliced cascadian farm®
- 0.5 cup pineapple sherbet
- 0.5 cup pineapple juice

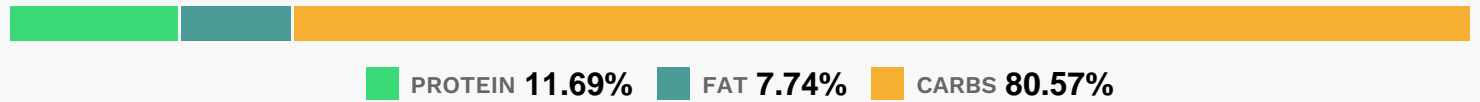
Equipment

- 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:96.01, Glycemic Load:18.12, Inflammation Score:-10, Nutrition Score:27.407391498918%

Flavonoids

Cyanidin: 1.48mg, Cyanidin: 1.48mg, Cyanidin: 1.48mg, Cyanidin: 1.48mg Catechin: 7.39mg, Catechin: 7.39mg, Catechin: 7.39mg, Catechin: 7.39mg Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg Epicatechin: 1.81mg, Epicatechin: 1.81mg, Epicatechin: 1.81mg, Epicatechin: 1.81mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 206.4kcal (10.32%), Fat: 1.94g (2.99%), Saturated Fat: 0.57g (3.54%), Carbohydrates: 45.44g (15.15%), Net Carbohydrates: 38.45g (13.98%), Sugar: 29.37g (32.63%), Cholesterol: 0.37mg (0.12%), Sodium: 123.2mg (5.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.59g (13.19%), Vitamin K: 477.35µg (454.62%), Vitamin A: 15267.94IU (305.36%), Manganese: 1.41mg (70.29%), Folate: 213.5µg (53.38%), Magnesium: 127.81mg (31.95%), Vitamin E: 4.34mg (28.91%), Fiber: 6.99g (27.95%), Vitamin C: 22.06mg (26.74%), Vitamin B6: 0.52mg (26.14%), Potassium: 858.78mg (24.54%), Vitamin B2: 0.4mg (23.59%), Calcium: 198.25mg (19.82%), Copper: 0.34mg (17.04%), Iron: 3.06mg (17.01%), Selenium: 10.48µg (14.96%), Vitamin B1: 0.2mg (13.39%), Phosphorus: 111.95mg (11.2%), Vitamin B3: 1.8mg (9%), Zinc: 1.22mg (8.15%), Vitamin B5: 0.55mg (5.51%)