



 **72%**  
HEALTH SCORE

## The Greenie

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy  Popular

READY IN



10 min.

SERVINGS



3

CALORIES



114 kcal

SIDE DISH

## Ingredients

- 0.8 tsp cinnamon
- 0.5 cup mint leaves fresh organic roughly chopped
- 20 grapes green chilled
- 1 apple green organic ripe cut into chunks, core discarded
- 12 ice cubes
- 2 cups kale fresh organic roughly chopped
- 1 lime juiced to taste
- 1 pears green organic ripe cut into chunks, core discarded

1 tsp agave nectar to taste (we use 1 packet of Truvia)

1.5 cups water

## Equipment

blender

## Directions

Save Recipe

Print Recipe

The Greenie

1/2 cups water  
1 organic ripe green apple cut into chunks, core discarded  
1 organic ripe green pear cut into chunks, core discarded  
2 cups organic roughly chopped fresh kale or spinach  
1/2 cup organic roughly chopped fresh mint  
20 chilled green or moscato grapes  
12 ice cubes  
3/4 tsp cinnamon  
1 tsp stevia or 1 tbsp agave nectar, or more to taste (we use 1 packet of Truvia)  
1 lime juiced, or more to taste

You will also need A blender (powerful blender like a Vitamix is best, but any countertop blender will do)

Total Time: 10 Minutes

Servings: 2–3 servings

Kosher Key: Pareve, Kosher for Passover

## Nutrition Facts



PROTEIN **4.56%**  FAT **4.02%**  CARBS **91.42%**

## Properties

Glycemic Index:66.25, Glycemic Load:8.33, Inflammation Score:-10, Nutrition Score:10.912173779114%

## Flavonoids

Cyanidin: 2.17mg, Cyanidin: 2.17mg, Cyanidin: 2.17mg, Cyanidin: 2.17mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 6.8mg, Epicatechin: 6.8mg, Epicatechin: 6.8mg, Epicatechin: 6.8mg Epicatechin 3-gallate: 0.02mg,

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## Nutrients (% of daily need)

Calories: 113.95kcal (5.7%), Fat: 0.58g (0.89%), Saturated Fat: 0.1g (0.62%), Carbohydrates: 29.79g (9.93%), Net Carbohydrates: 24.04g (8.74%), Sugar: 19.33g (21.48%), Cholesterol: 0mg (0%), Sodium: 20.93mg (0.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.49g (2.97%), Vitamin K: 64.27µg (61.21%), Vitamin A: 1799.88IU (36%), Vitamin C: 28.78mg (34.89%), Fiber: 5.74g (22.98%), Manganese: 0.37mg (18.46%), Copper: 0.18mg (9.21%), Potassium: 314.48mg (8.99%), Calcium: 85.23mg (8.52%), Vitamin B2: 0.13mg (7.74%), Folate: 26.39µg (6.6%), Iron: 1.09mg (6.08%), Magnesium: 23.64mg (5.91%), Vitamin B6: 0.12mg (5.85%), Vitamin B1: 0.07mg (4.8%), Phosphorus: 38.09mg (3.81%), Vitamin B3: 0.58mg (2.88%), Vitamin E: 0.42mg (2.82%), Zinc: 0.3mg (1.99%), Vitamin B5: 0.17mg (1.72%)