



The Mean Green Smoothie - National Vegetarian Week

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



156 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 1 avocado
- 1 tsp wheat grass juice powder
- 0.5 juice of lemon
- 1 kiwi fruit
- 500 ml orange juice
- 1 large handful pkt spinach

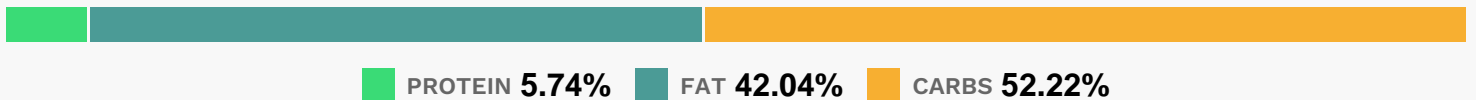
Equipment

- food processor
- blender
- colander

Directions

- Wash your spinach. If you have a vitamix like me you can add the spinach fresh, if you don't, pop it in a colander in the sink and pour a kettleful of boiling water over it. Rinse with cold water to refresh, then squeeze as much liquid out of it as possible before adding to your blender or food processor.
- Prepare the rest of the ingredients. Peel the oranges and kiwi fruit, scoop the flesh from the avocado and juice have a lemon.
- Pop all of your ingredients into a blender and whizz until smooth. You can add ice if you like.
- Enjoy!

Nutrition Facts



Properties

Glycemic Index:54.35, Glycemic Load:8.73, Inflammation Score:-8, Nutrition Score:14.702173818713%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.41mg, Eriodictyol: 0.41mg, Eriodictyol: 0.41mg, Eriodictyol: 0.41mg Hesperetin: 16.2mg, Hesperetin: 16.2mg, Hesperetin: 16.2mg, Hesperetin: 16.2mg Naringenin: 2.86mg, Naringenin: 2.86mg, Naringenin: 2.86mg, Naringenin: 2.86mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 155.68kcal (7.78%), Fat: 7.79g (11.98%), Saturated Fat: 1.1g (6.97%), Carbohydrates: 21.77g (7.26%), Net Carbohydrates: 17.28g (6.28%), Sugar: 13.63g (15.14%), Cholesterol: 0mg (0%), Sodium: 11.98mg (0.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.39g (4.78%), Vitamin C: 91.1mg (110.43%), Vitamin K: 56.08µg (53.41%),

Folate: 101.23µg (25.31%), Vitamin A: 1058.73IU (21.17%), Fiber: 4.49g (17.96%), Potassium: 597.79mg (17.08%), Vitamin B1: 0.16mg (10.98%), Vitamin B6: 0.21mg (10.6%), Vitamin E: 1.55mg (10.31%), Vitamin B5: 1mg (9.99%), Magnesium: 38.84mg (9.71%), Copper: 0.19mg (9.71%), Manganese: 0.18mg (9.03%), Vitamin B3: 1.54mg (7.71%), Vitamin B2: 0.13mg (7.37%), Phosphorus: 60.2mg (6.02%), Iron: 0.8mg (4.45%), Calcium: 36.16mg (3.62%), Zinc: 0.46mg (3.07%)