



The Ultimate Citrus Smoothie



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



31 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

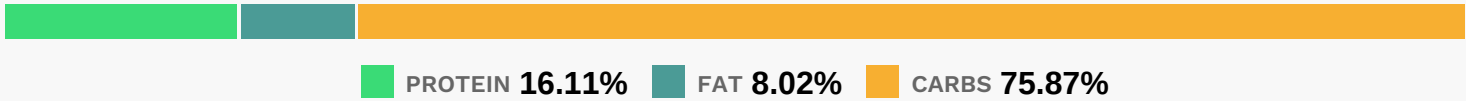
- ☐ 1 banana frozen
- ☐ 1 tbsp honey
- ☐ 0.5 cup ice cubes
- ☐ 0.5 cup greek yogurt low-fat
- ☐ 1.5 tbsp meyer lemon juice
- ☐ 1 slices tangerine from 1 tangerine peeled
- ☐ 0.5 cup tangerine juice

Equipment

Directions

- ☐ Blend banana, Meyer lemon juice, tangerine juice, honey, yogurt, and ice cubes. Whirl in a little more Meyer lemon juice or honey to taste.
- ☐ Add tangerine slices.

Nutrition Facts



Properties

Glycemic Index:14.91, Glycemic Load:2.21, Inflammation Score:-1, Nutrition Score:1.0386956500942%

Flavonoids

Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 2.45mg, Hesperetin: 2.45mg, Hesperetin: 2.45mg, Hesperetin: 2.45mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 31.33kcal (1.57%), Fat: 0.3g (0.45%), Saturated Fat: 0.15g (0.95%), Carbohydrates: 6.29g (2.1%), Net Carbohydrates: 5.94g (2.16%), Sugar: 4.91g (5.45%), Cholesterol: 0.66mg (0.22%), Sodium: 5.57mg (0.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.34g (2.67%), Vitamin C: 5.57mg (6.75%), Vitamin B6: 0.05mg (2.51%), Potassium: 67.8mg (1.94%), Manganese: 0.04mg (1.92%), Calcium: 16.69mg (1.67%), Fiber: 0.34g (1.38%), Magnesium: 4.48mg (1.12%)