



The Zinger - Summer Smoothie



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



142 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 0.5 pint apple juice
- ☐ 0.5 cucumber (the cucumber I used was quite small, so maybe just use a third)
- ☐ 12 ice cubes
- ☐ 2 kiwi fruit
- ☐ 0.3 watermelon

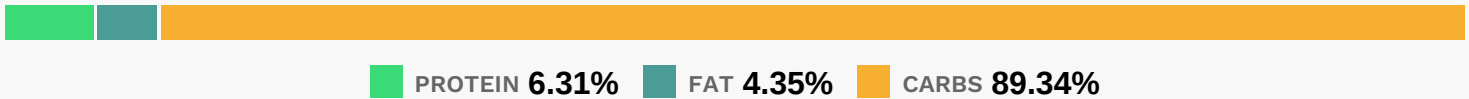
Equipment

- ☐ food processor

Directions

- ☐ Prepare the fruit.
- ☐ Remove the watermelon flesh from the skin, slice & de-seed. Slice the cucumber. Peel and slice the kiwi fruit.
- ☐ Whizz up all the ingredients in a smoothie maker or food processor.
- ☐ Pour into glasses and serve while still cold or store in a jug in the fridge until required

Nutrition Facts



Properties

Glycemic Index:45.77, Glycemic Load:20.41, Inflammation Score:-8, Nutrition Score:10.891739114471%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epicatechin: 2.91mg, Epicatechin: 2.91mg, Epicatechin: 2.91mg, Epicatechin: 2.91mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 1.63mg, Luteolin: 1.63mg, Luteolin: 1.63mg, Luteolin: 1.63mg Kaempferol: 1.73mg, Kaempferol: 1.73mg, Kaempferol: 1.73mg, Kaempferol: 1.73mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 142.47kcal (7.12%), Fat: 0.76g (1.17%), Saturated Fat: 0.08g (0.48%), Carbohydrates: 35.1g (11.7%), Net Carbohydrates: 32.23g (11.72%), Sugar: 27.74g (30.82%), Cholesterol: 0mg (0%), Sodium: 10.3mg (0.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.48g (4.96%), Vitamin C: 58.5mg (70.91%), Vitamin A: 1667.49IU (33.35%), Vitamin K: 21.32µg (20.3%), Potassium: 515.83mg (14.74%), Fiber: 2.87g (11.48%), Manganese: 0.22mg (11.13%), Copper: 0.22mg (10.98%), Magnesium: 43.28mg (10.82%), Vitamin B6: 0.18mg (9.2%), Vitamin B1: 0.13mg (8.61%), Vitamin B5: 0.82mg (8.24%), Folate: 25.52µg (6.38%), Phosphorus: 58.42mg (5.84%), Vitamin B2: 0.09mg (5.29%), Iron: 0.94mg (5.21%), Vitamin E: 0.75mg (5%), Calcium: 46.85mg (4.69%), Vitamin B3: 0.73mg (3.63%), Zinc: 0.42mg (2.83%), Selenium: 1.31µg (1.88%)