

# Triple Threat Fruit Smoothie

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



99 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

## Ingredients

- 1 banana peeled chopped
- 0.5 cup blueberries
- 1 cup ice cubes
- 1 kiwi fruit sliced
- 0.5 cup orange juice
- 8 ounce peaches
- 1 cup strawberries

## Equipment

blender

## Directions

In a blender, blend the kiwi, banana, blueberries, strawberries, ice, orange juice, and yogurt until smooth.

## Nutrition Facts

 PROTEIN **6.13%**  FAT **4.79%**  CARBS **89.08%**

## Properties

Glycemic Index:69.92, Glycemic Load:9.9, Inflammation Score:-6, Nutrition Score:8.911739235339%

## Flavonoids

Cyanidin: 3.26mg, Cyanidin: 3.26mg, Cyanidin: 3.26mg, Cyanidin: 3.26mg Petunidin: 5.87mg, Petunidin: 5.87mg, Petunidin: 5.87mg, Petunidin: 5.87mg Delphinidin: 6.67mg, Delphinidin: 6.67mg, Delphinidin: 6.67mg, Delphinidin: 6.67mg Malvidin: 12.51mg, Malvidin: 12.51mg, Malvidin: 12.51mg, Malvidin: 12.51mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 3.77mg, Peonidin: 3.77mg, Peonidin: 3.77mg, Peonidin: 3.77mg Catechin: 6.69mg, Catechin: 6.69mg, Catechin: 6.69mg, Catechin: 6.69mg Epigallocatechin: 0.99mg, Epigallocatechin: 0.99mg, Epigallocatechin: 0.99mg, Epigallocatechin: 0.99mg Epicatechin: 1.66mg, Epicatechin: 1.66mg, Epicatechin: 1.66mg, Epicatechin: 1.66mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg Gallic acid: 0.03mg, Gallic acid: 0.03mg, Gallic acid: 0.03mg, Gallic acid: 0.03mg

## Nutrients (% of daily need)

Calories: 99.28kcal (4.96%), Fat: 0.58g (0.89%), Saturated Fat: 0.07g (0.43%), Carbohydrates: 24.31g (8.1%), Net Carbohydrates: 20.78g (7.56%), Sugar: 16.61g (18.45%), Cholesterol: 0mg (0%), Sodium: 12.62mg (0.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.67g (3.35%), Vitamin C: 60.35mg (73.15%), Manganese: 0.34mg (17.1%), Vitamin K: 15.41µg (14.68%), Fiber: 3.53g (14.1%), Potassium: 351.15mg (10.03%), Vitamin B6: 0.18mg (8.76%), Folate: 34.27µg (8.57%), Copper: 0.15mg (7.43%), Magnesium: 25.93mg (6.48%), Vitamin E: 0.96mg (6.41%), Vitamin A: 299.82IU (6%), Vitamin B3: 1.08mg (5.39%), Vitamin B1: 0.07mg (4.82%), Phosphorus: 42.83mg (4.28%), Vitamin B2: 0.07mg (4.09%), Vitamin B5: 0.35mg (3.54%), Iron: 0.59mg (3.25%), Selenium: 1.72µg (2.46%), Calcium: 23.76mg (2.38%), Zinc: 0.31mg (2.05%)