



 **35%**
HEALTH SCORE

TROPICAL BANANA GREEN SMOOTHIE

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



1

CALORIES



215 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 0.3 c pineapple
- 1 c coconut water
- 0.3 c blackberries
- 1 scoop protein powder (hemp, whey, casein, soy, or multi-source plant protein)
- 2 c the salad mixed

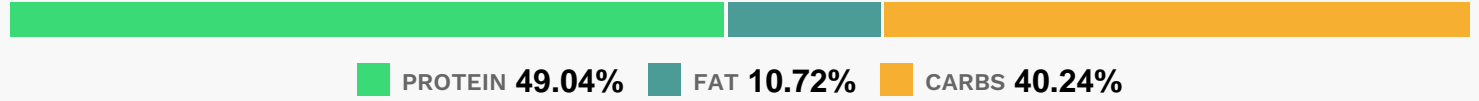
Equipment

- blender

Directions

Mix all ingredients into a blender and enjoy!

Nutrition Facts



Properties

Glycemic Index:162.67, Glycemic Load:7.38, Inflammation Score:-8, Nutrition Score:15.140434782609%

Flavonoids

Cyanidin: 35.98mg, Cyanidin: 35.98mg, Cyanidin: 35.98mg, Cyanidin: 35.98mg Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 13.34mg, Catechin: 13.34mg, Catechin: 13.34mg, Catechin: 13.34mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.68mg, Epicatechin: 1.68mg, Epicatechin: 1.68mg, Epicatechin: 1.68mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 214.51kcal (10.73%), Fat: 2.76g (4.25%), Saturated Fat: 0.94g (5.88%), Carbohydrates: 23.34g (7.78%), Net Carbohydrates: 18.22g (6.62%), Sugar: 14.08g (15.65%), Cholesterol: 50mg (16.67%), Sodium: 318.57mg (13.85%), Protein: 28.45g (56.9%), Vitamin C: 51.6mg (62.54%), Manganese: 1.07mg (53.67%), Potassium: 930.88mg (26.6%), Magnesium: 95.95mg (23.99%), Vitamin A: 1089.77IU (21.8%), Fiber: 5.13g (20.5%), Iron: 3.54mg (19.69%), Calcium: 181.8mg (18.18%), Phosphorus: 176.42mg (17.64%), Folate: 53.23µg (13.31%), Copper: 0.24mg (12.04%), Vitamin B2: 0.2mg (11.73%), Vitamin B6: 0.2mg (9.89%), Vitamin B1: 0.14mg (9.05%), Vitamin K: 7.42µg (7.06%), Vitamin B3: 1.07mg (5.35%), Zinc: 0.65mg (4.32%), Selenium: 2.91µg (4.15%), Vitamin B5: 0.39mg (3.86%), Vitamin E: 0.43mg (2.86%)