



Tropical breakfast smoothie



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



5 min.

SERVINGS



2

CALORIES



570 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients



3 passion fruits



1 banana chopped



1 small mangos peeled chopped



300 ml orange juice



2 servings ice cubes

Equipment



blender

Directions

☐ Scoop the pulp of the passion fruits into a blender and add the banana, mango and orange juice. Pure until smooth and drink immediately, topped with ice cubes.

Nutrition Facts



PROTEIN 3.71% **FAT 2.31%** **CARBS 93.98%**

Properties

Glycemic Index:79.26, Glycemic Load:22.05, Inflammation Score:-10, Nutrition Score:23.848695640979%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 5.38mg, Catechin: 5.38mg, Catechin: 5.38mg, Catechin: 5.38mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 18.79mg, Hesperetin: 18.79mg, Hesperetin: 18.79mg, Hesperetin: 18.79mg Naringenin: 3.36mg, Naringenin: 3.36mg, Naringenin: 3.36mg, Naringenin: 3.36mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 570.12kcal (28.51%), Fat: 1.58g (2.43%), Saturated Fat: 0.27g (1.67%), Carbohydrates: 144.22g (48.07%), Net Carbohydrates: 129.91g (47.24%), Sugar: 110.52g (122.8%), Cholesterol: 0mg (0%), Sodium: 39.75mg (1.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.7g (11.39%), Vitamin C: 136.27mg (165.18%), Vitamin A: 3510.6IU (70.21%), Fiber: 14.3g (57.22%), Copper: 0.75mg (37.26%), Potassium: 1300.32mg (37.15%), Vitamin K: 35.85µg (34.14%), Folate: 116.98µg (29.24%), Vitamin B6: 0.51mg (25.53%), Vitamin B3: 4.36mg (21.8%), Manganese: 0.43mg (21.44%), Magnesium: 77.89mg (19.47%), Vitamin B1: 0.27mg (17.99%), Vitamin B2: 0.29mg (17.15%), Iron: 2.73mg (15.14%), Phosphorus: 135.2mg (13.52%), Vitamin B5: 0.98mg (9.76%), Vitamin E: 1.05mg (7.02%), Calcium: 67.06mg (6.71%), Zinc: 0.87mg (5.82%), Selenium: 1.37µg (1.95%)