



## Tropical Fruit Smoothie

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



2

CALORIES



158 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

### Ingredients

- 5 cubes ice cubes
- 1 mangos peeled seeded
- 0.3 cup orange juice
- 1 papaya peeled seeded
- 0.5 cup strawberries fresh

### Equipment

- blender

# Directions

- Place the mango, papaya, strawberries, orange juice, and ice cubes in an electric blender. Process until the ingredients are smooth.

# Nutrition Facts

PROTEIN 4.84% FAT 5.09% CARBS 90.07%

## Properties

Glycemic Index:101.25, Glycemic Load:18.31, Inflammation Score:-10, Nutrition Score:14.49173918496%

## Flavonoids

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## Nutrients (% of daily need)

Calories: 157.58kcal (7.88%), Fat: 0.98g (1.51%), Saturated Fat: 0.23g (1.46%), Carbohydrates: 39g (13%), Net Carbohydrates: 33.96g (12.35%), Sugar: 31.3g (34.78%), Cholesterol: 0mg (0%), Sodium: 15.72mg (0.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.09g (4.19%), Vitamin C: 172.08mg (208.58%), Vitamin A: 2650.86IU (53.02%), Folate: 121.79µg (30.45%), Fiber: 5.04g (20.17%), Potassium: 588.27mg (16.81%), Manganese: 0.27mg (13.54%), Magnesium: 51.85mg (12.96%), Copper: 0.22mg (11.22%), Vitamin B6: 0.21mg (10.72%), Vitamin E: 1.51mg (10.06%), Vitamin K: 9.13µg (8.7%), Vitamin B3: 1.54mg (7.7%), Vitamin B1: 0.11mg (7.32%), Vitamin B5: 0.62mg (6.18%), Vitamin B2: 0.1mg (5.92%), Calcium: 53.14mg (5.31%), Phosphorus: 45.36mg (4.54%), Iron: 0.78mg (4.31%), Selenium: 1.72µg (2.45%), Zinc: 0.29mg (1.93%)