

## Tropical Smoothie



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



2

CALORIES



179 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

### Ingredients

- ☐ 1 banana ripe
- ☐ 1 teaspoon honey good
- ☐ 2 cups ice cubes
- ☐ 0.5 mangos ripe peeled seeded
- ☐ 0.3 cup nonfat yogurt
- ☐ 0.3 cup orange juice freshly squeezed
- ☐ 0.5 papaya ripe peeled seeded
- ☐ 0.5 cup skim milk

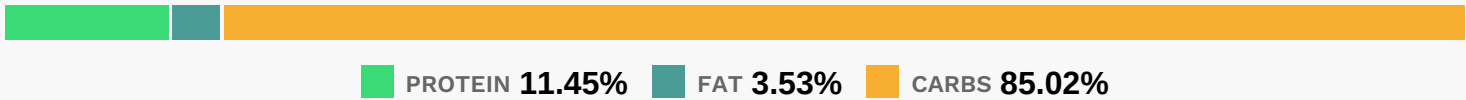
# Equipment

☐ blender

# Directions

- ☐ Watch how to make this recipe.
- ☐ In a blender, combine the mango, papaya, banana, orange juice, milk, yogurt, honey, and ice. Blend until smooth.

# Nutrition Facts



# Properties

Glycemic Index:151.4, Glycemic Load:18.32, Inflammation Score:-9, Nutrition Score:15.003913101943%

# Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 4.49mg, Catechin: 4.49mg, Catechin: 4.49mg, Catechin: 4.49mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg 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: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

# Nutrients (% of daily need)

Calories: 178.8kcal (8.94%), Fat: 0.76g (1.16%), Saturated Fat: 0.25g (1.55%), Carbohydrates: 40.88g (13.63%), Net Carbohydrates: 37.15g (13.51%), Sugar: 31.15g (34.62%), Cholesterol: 2.45mg (0.82%), Sodium: 68.16mg (2.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.51g (11.02%), Vitamin C: 86.05mg (104.3%), Vitamin A: 1508.79IU (30.18%), Potassium: 680.68mg (19.45%), Folate: 76.44µg (19.11%), Vitamin B6: 0.37mg (18.6%), Calcium: 176.35mg (17.64%), Fiber: 3.72g (14.89%), Phosphorus: 146.85mg (14.69%), Vitamin B2: 0.25mg (14.46%), Magnesium: 56.08mg (14.02%), Manganese: 0.23mg (11.64%), Copper: 0.2mg (9.81%), Vitamin B5: 0.92mg (9.2%), Vitamin B12: 0.54µg (9.03%), Vitamin B1: 0.13mg (8.48%), Vitamin B3: 1.25mg (6.24%), Zinc: 0.82mg (5.44%), Selenium: 3.74µg (5.35%), Vitamin E: 0.77mg (5.1%), Vitamin D: 0.67µg (4.49%), Vitamin K: 4.54µg (4.32%), Iron: 0.53mg (2.95%)