



Tropical Smoothies

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



132 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 3 tablespoons agave nectar
- 1 cup ice cubes crushed
- 2 teaspoons juice of lime fresh
- 1 cup mangos diced peeled
- 0.3 cup orange juice fresh
- 1 cup pineapple fresh cubed peeled
- 1 cup greek yogurt plain 2% reduced-fat
- 1 Dash salt

Equipment

blender

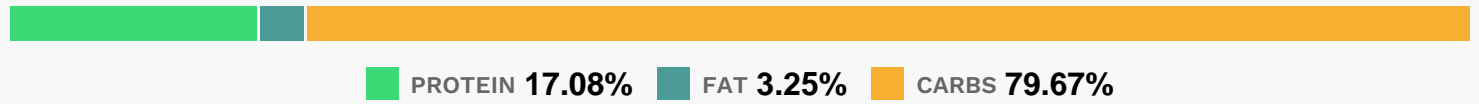
Directions

Place yogurt in a blender.

Add pineapple, mango, orange juice, agave nectar, lime juice, and salt to blender; process until smooth.

Add crushed ice; process until smooth.

Nutrition Facts



Properties

Glycemic Index:44.35, Glycemic Load:8.31, Inflammation Score:-5, Nutrition Score:8.4017391930456%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg 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: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 2.08mg, Hesperetin: 2.08mg, Hesperetin: 2.08mg, Hesperetin: 2.08mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 132.3kcal (6.61%), Fat: 0.49g (0.76%), Saturated Fat: 0.1g (0.62%), Carbohydrates: 27.27g (9.09%), Net Carbohydrates: 25.96g (9.44%), Sugar: 23.4g (26%), Cholesterol: 2.5mg (0.83%), Sodium: 32.31mg (1.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.84g (11.69%), Vitamin C: 45.91mg (55.65%), Manganese: 0.42mg (20.82%), Vitamin B2: 0.2mg (11.79%), Vitamin A: 504.5IU (10.09%), Folate: 38.29µg (9.57%), Vitamin B6: 0.17mg (8.56%), Phosphorus: 80.22mg (8.02%), Selenium: 5.52µg (7.89%), Calcium: 69.39mg (6.94%), Potassium: 219.32mg (6.27%), Vitamin B1: 0.09mg (5.93%), Copper: 0.12mg (5.9%), Vitamin B12: 0.35µg (5.83%), Vitamin K: 5.6µg (5.33%), Fiber: 1.31g (5.24%), Magnesium: 17.23mg (4.31%), Vitamin B3: 0.76mg (3.81%), Vitamin B5: 0.37mg (3.67%), Vitamin E: 0.55mg (3.67%), Zinc: 0.37mg (2.46%), Iron: 0.27mg (1.49%)