



Tropical Sunshine Smoothie

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



2

CALORIES



138 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 1 banana
- 1 sprig mint-filled chocolate squares fresh finely chopped
- 0.5 cup coconut water
- 0.5 teaspoon juice of lime freshly squeezed
- 0.5 cup mangos fresh cubed
- 0.5 cup orange juice
- 0.5 cup pineapple fresh cubed

Equipment

blender

Directions

Blend banana, orange juice, mango, pineapple, coconut water, lime juice, mint in a blender until smooth.

Nutrition Facts

 **PROTEIN 5.59%**  **FAT 3.91%**  **CARBS 90.5%**

Properties

Glycemic Index:136.1, Glycemic Load:16.37, Inflammation Score:-7, Nutrition Score:11.689130560212%

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: 4.31mg, Catechin: 4.31mg, Catechin: 4.31mg, Catechin: 4.31mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 7.57mg, Hesperetin: 7.57mg, Hesperetin: 7.57mg, Hesperetin: 7.57mg Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 137.85kcal (6.89%), Fat: 0.65g (1%), Saturated Fat: 0.23g (1.43%), Carbohydrates: 33.9g (11.3%), Net Carbohydrates: 30.3g (11.02%), Sugar: 23.71g (26.34%), Cholesterol: 0mg (0%), Sodium: 65.21mg (2.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.09g (4.19%), Vitamin C: 72.84mg (88.29%), Manganese: 0.67mg (33.38%), Vitamin B6: 0.36mg (17.85%), Potassium: 603.79mg (17.25%), Folate: 58.06µg (14.51%), Fiber: 3.6g (14.4%), Vitamin A: 653.88IU (13.08%), Magnesium: 47.33mg (11.83%), Copper: 0.19mg (9.52%), Vitamin B1: 0.14mg (9.13%), Vitamin B2: 0.13mg (7.43%), Vitamin B3: 1.18mg (5.9%), Vitamin B5: 0.51mg (5.13%), Phosphorus: 45.13mg (4.51%), Iron: 0.66mg (3.69%), Calcium: 35.46mg (3.55%), Vitamin E: 0.47mg (3.11%), Vitamin K: 2.39µg (2.27%), Selenium: 1.54µg (2.2%), Zinc: 0.27mg (1.82%)