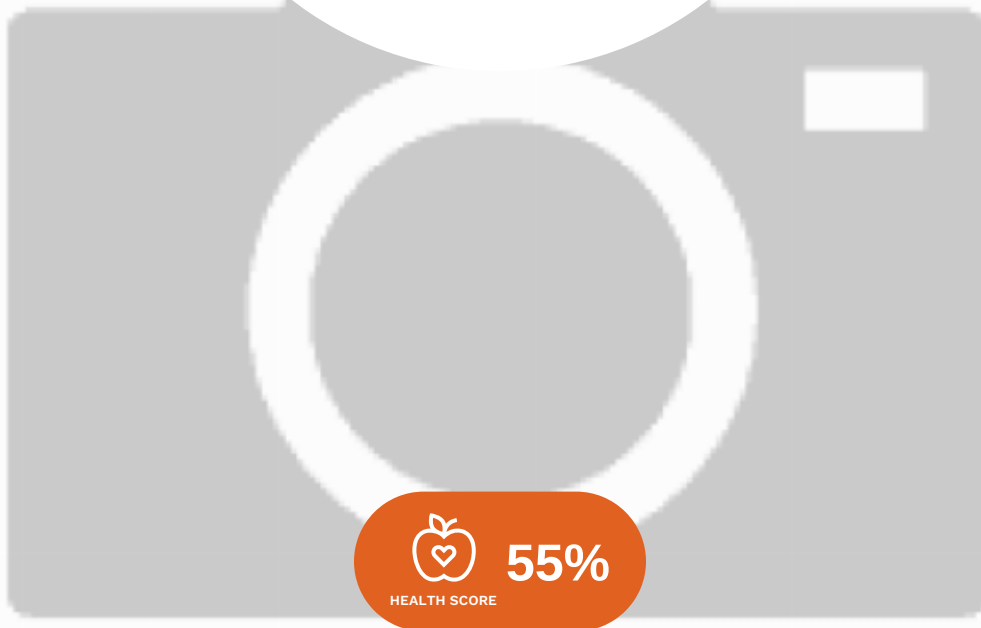




Veggie, Fruit, and Nut Nutritious Green Smoothie!



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



2

CALORIES



401 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 1.5 cups baby spinach leaves
- ☐ 0.5 banana sliced
- ☐ 0.5 cup beet raw sliced
- ☐ 1 cup carrots shredded
- ☐ 0.3 cup curd cottage cheese
- ☐ 2 tablespoons greek yogurt
- ☐ 0.5 teaspoon ground cinnamon

- ☐ 1 tablespoon honey
- ☐ 0.5 cup milk
- ☐ 0.5 pears cored chopped
- ☐ 0.3 cup walnut halves
- ☐ 0.3 cup almonds whole

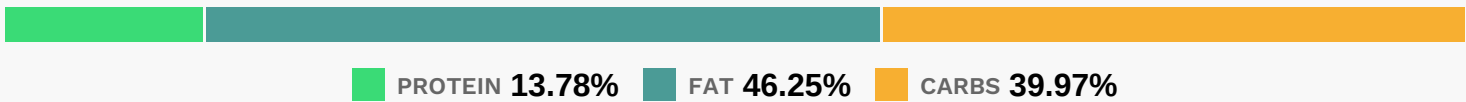
Equipment

- ☐ blender

Directions

- ☐ Blend spinach, carrots, beet, pear, milk, banana, cottage cheese, walnuts, almonds, yogurt, honey, and cinnamon together in a blender until smooth.

Nutrition Facts



Properties

Glycemic Index:193.32, Glycemic Load:15.06, Inflammation Score:-10, Nutrition Score:29.714347569839%

Flavonoids

Cyanidin: 1.75mg, Cyanidin: 1.75mg, Cyanidin: 1.75mg, Cyanidin: 1.75mg Catechin: 2.15mg, Catechin: 2.15mg, Catechin: 2.15mg, Catechin: 2.15mg Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg Epicatechin: 1.79mg, Epicatechin: 1.79mg, Epicatechin: 1.79mg, Epicatechin: 1.79mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg Kaempferol: 1.69mg, Kaempferol: 1.69mg, Kaempferol: 1.69mg, Kaempferol: 1.69mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg

Nutrients (% of daily need)

Calories: 401.43kcal (20.07%), Fat: 22.06g (33.93%), Saturated Fat: 3.27g (20.42%), Carbohydrates: 42.89g (14.3%), Net Carbohydrates: 34g (12.36%), Sugar: 27.28g (30.31%), Cholesterol: 12.53mg (4.18%), Sodium: 201.4mg

(8.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.79g (29.58%), Vitamin A: 12983.64IU (259.67%), Vitamin K: 120.03µg (114.31%), Manganese: 1.51mg (75.7%), Vitamin E: 5.72mg (38.12%), Fiber: 8.89g (35.55%), Folate: 128.52µg (32.13%), Phosphorus: 319.92mg (31.99%), Magnesium: 127.31mg (31.83%), Vitamin B2: 0.53mg (30.9%), Copper: 0.58mg (28.8%), Potassium: 941.17mg (26.89%), Calcium: 235.84mg (23.58%), Vitamin B6: 0.44mg (22.07%), Vitamin C: 16.51mg (20.01%), Vitamin B1: 0.22mg (14.4%), Iron: 2.43mg (13.52%), Zinc: 1.96mg (13.05%), Selenium: 7.61µg (10.87%), Vitamin B3: 2.13mg (10.63%), Vitamin B5: 0.96mg (9.62%), Vitamin B12: 0.55µg (9.12%), Vitamin D: 0.7µg (4.65%)