



Very Orange Smoothie without Oranges



Vegetarian



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



92 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 1 banana chopped
- ☐ 2 carrots cut into chunks
- ☐ 1 teaspoon chia seeds to taste
- ☐ 1 teaspoon honey to taste
- ☐ 1 teaspoon juice of lemon to taste
- ☐ 1 mangos peeled seeded chopped
- ☐ 0.5 bell pepper red chopped to taste
- ☐ 1 ounce mineral water chilled or as needed

☐ 1 bell pepper yellow chopped to taste

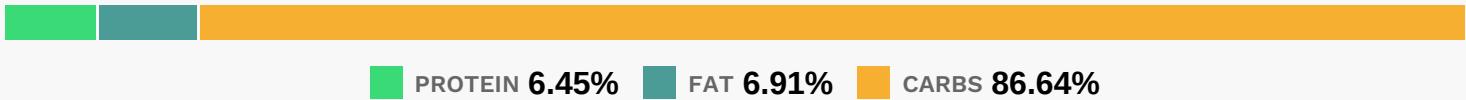
Equipment

☐ blender

Directions

- ☐ Blend mango, carrots, banana, yellow bell pepper, red bell pepper, mineral water, lemon juice, honey, or chia seeds in a blender until smooth.
- ☐ Add more water for a thinner consistency.

Nutrition Facts



Properties

Glycemic Index:59.41, Glycemic Load:8.76, Inflammation Score:-10, Nutrition Score:14.106521787851%

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: 2.69mg, Catechin: 2.69mg, Catechin: 2.69mg, Catechin: 2.69mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 92.17kcal (4.61%), Fat: 0.78g (1.21%), Saturated Fat: 0.14g (0.89%), Carbohydrates: 22.14g (7.38%), Net Carbohydrates: 18.76g (6.82%), Sugar: 14.23g (15.81%), Cholesterol: 0mg (0%), Sodium: 23.36mg (1.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.65g (3.3%), Vitamin A: 6200IU (124%), Vitamin C: 97.34mg (117.99%), Vitamin B6: 0.31mg (15.31%), Fiber: 3.38g (13.52%), Folate: 49.3µg (12.32%), Manganese: 0.24mg (11.81%), Potassium: 390.87mg (11.17%), Copper: 0.14mg (6.93%), Vitamin K: 7.08µg (6.74%), Vitamin B3: 1.34mg (6.72%), Magnesium: 25.61mg (6.4%), Vitamin E: 0.94mg (6.26%), Vitamin B2: 0.08mg (4.8%), Vitamin B1: 0.07mg (4.44%), Phosphorus: 44.19mg (4.42%), Vitamin B5: 0.38mg (3.84%), Iron: 0.54mg (2.99%), Calcium: 29.03mg (2.9%), Zinc: 0.3mg (2.01%), Selenium: 1.31µg (1.87%)