



## Watermelon-Kiwi-Banana Smoothie

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



2

CALORIES



116 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

### Ingredients

- 1 cup watermelon seeded coarsely chopped
- 1 kiwi fruit peeled cut into pieces
- 2 ice cubes
- 1 banana frozen ripe peeled cut into chunks
- 0.3 cup apple juice chilled

### Equipment

- food processor
- blender

## Directions

- Place all ingredients in blender or food processor. Cover and blend on high speed about 30 seconds or until smooth.
- Pour smoothie into glasses.
- Serve immediately.

## Nutrition Facts

 PROTEIN **5.08%**  FAT **3.87%**  CARBS **91.05%**

## Properties

Glycemic Index:111.43, Glycemic Load:14.62, Inflammation Score:-6, Nutrition Score:8.296086979949%

## Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 3.99mg, Catechin: 3.99mg, Catechin: 3.99mg, Catechin: 3.99mg Epicatechin: 1.59mg, Epicatechin: 1.59mg, Epicatechin: 1.59mg, Epicatechin: 1.59mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

## Nutrients (% of daily need)

Calories: 115.96kcal (5.8%), Fat: 0.55g (0.84%), Saturated Fat: 0.1g (0.61%), Carbohydrates: 29.06g (9.69%), Net Carbohydrates: 25.8g (9.38%), Sugar: 18.98g (21.09%), Cholesterol: 0mg (0%), Sodium: 5.57mg (0.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.62g (3.24%), Vitamin C: 45.56mg (55.22%), Vitamin K: 18.71µg (17.82%), Vitamin B6: 0.28mg (14.2%), Fiber: 3.27g (13.06%), Manganese: 0.26mg (12.79%), Potassium: 417.74mg (11.94%), Vitamin A: 510.1IU (10.2%), Magnesium: 32.5mg (8.13%), Copper: 0.14mg (7.24%), Folate: 25.91µg (6.48%), Vitamin B5: 0.46mg (4.63%), Vitamin E: 0.69mg (4.61%), Vitamin B2: 0.08mg (4.45%), Vitamin B1: 0.06mg (4.14%), Phosphorus: 38.98mg (3.9%), Vitamin B3: 0.72mg (3.59%), Calcium: 27.09mg (2.71%), Iron: 0.48mg (2.68%), Zinc: 0.24mg (1.57%), Selenium: 1.02µg (1.45%)