



Watermelon & Strawberry Smoothie



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



2

CALORIES



126 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

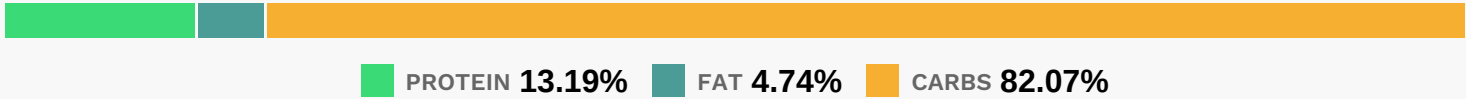
- ☐ 0.5 juice of lime
- ☐ 2 servings cm wide wedge of watermelon
- ☐ 3 tbsp greek yoghurt
- ☐ 3 leaves mint to serve
- ☐ 12 strawberries ripe
- ☐ 0.5 tsp vanilla extract

Equipment

Directions

- ☐ Cut the watermelon into chunks, removing any seeds.
- ☐ Wash and hull the strawberries.
- ☐ Juice ½ lime.
- ☐ Whizz together all the ingredients bar the mint. Although a little mint would actually be rather nice in this smoothie.
- ☐ Pour into two glasses.
- ☐ Leave the smoothies in the fridge to cool.
- ☐ Add a sprig of mint before serving
- ☐ Enjoy!

Nutrition Facts



Properties

Glycemic Index:57.33, Glycemic Load:16.58, Inflammation Score:-8, Nutrition Score:11.039130205693%

Flavonoids

Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Luteolin: 1.3mg, Luteolin: 1.3mg, Luteolin: 1.3mg, Luteolin: 1.3mg Kaempferol: 1.62mg, Kaempferol: 1.62mg, Kaempferol: 1.62mg, Kaempferol: 1.62mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 125.72kcal (6.29%), Fat: 0.73g (1.12%), Saturated Fat: 0.08g (0.5%), Carbohydrates: 28.26g (9.42%), Net Carbohydrates: 25.67g (9.33%), Sugar: 21.88g (24.31%), Cholesterol: 1.13mg (0.38%), Sodium: 11.89mg (0.52%), Alcohol: 0.36g (100%), Alcohol %: 0.12% (100%), Protein: 4.54g (9.09%), Vitamin C: 67.29mg (81.56%), Vitamin A: 1609.68IU (32.19%), Manganese: 0.39mg (19.55%), Potassium: 466.24mg (13.32%), Fiber: 2.6g (10.38%), Magnesium: 40.62mg (10.16%), Vitamin B6: 0.18mg (8.87%), Vitamin B2: 0.14mg (8.25%), Phosphorus: 79.85mg (7.98%), Copper: 0.16mg (7.95%), Vitamin B5: 0.79mg (7.93%), Vitamin B1: 0.12mg (7.78%), Folate: 28.09µg (7.02%), Calcium: 57.44mg (5.74%), Iron: 0.99mg (5.53%), Selenium: 3.64µg (5.2%), Vitamin B3: 0.84mg (4.2%), Zinc: 0.51mg (3.39%), Vitamin B12: 0.16µg (2.63%), Vitamin E: 0.37mg (2.45%), Vitamin K: 1.91µg (1.82%)