



Wild Pina Colada Green Smoothie

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



259 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 0.3 cup cashew pieces
- 2 cups coconut water
- 1 cup dandelion greens chopped
- 0.3 cup dates pitted chopped to taste
- 2 cups ice cubes
- 4 cups pineapple fresh diced
- 0.5 cup coconut or shredded unsweetened

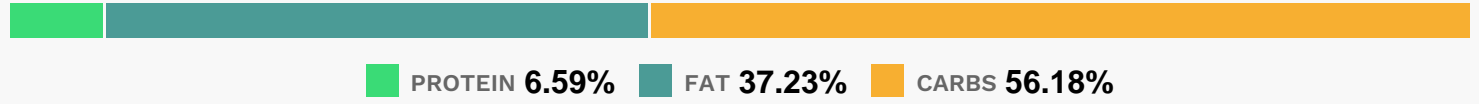
Equipment

blender

Directions

Blend pineapple, coconut water, ice cubes, dandelion greens, coconut, cashews, and dates in a blender until smooth and creamy.

Nutrition Facts



Properties

Glycemic Index:47.72, Glycemic Load:16.8, Inflammation Score:-9, Nutrition Score:23.907391257908%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 258.71kcal (12.94%), Fat: 11.61g (17.86%), Saturated Fat: 7.53g (47.07%), Carbohydrates: 39.41g (13.14%), Net Carbohydrates: 32.4g (11.78%), Sugar: 26.64g (29.6%), Cholesterol: 0mg (0%), Sodium: 149.47mg (6.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.62g (9.24%), Manganese: 2.22mg (111.18%), Vitamin K: 111.16µg (105.87%), Vitamin C: 86.81mg (105.23%), Vitamin A: 1493.76IU (29.88%), Fiber: 7.01g (28.03%), Copper: 0.56mg (28.02%), Magnesium: 93.89mg (23.47%), Potassium: 711.04mg (20.32%), Vitamin B6: 0.34mg (17.07%), Vitamin B1: 0.24mg (15.89%), Iron: 2.27mg (12.62%), Phosphorus: 123.73mg (12.37%), Vitamin B2: 0.18mg (10.55%), Folate: 41.82µg (10.45%), Calcium: 89.1mg (8.91%), Selenium: 5.46µg (7.81%), Zinc: 1.11mg (7.42%), Vitamin B3: 1.3mg (6.52%), Vitamin B5: 0.63mg (6.31%), Vitamin E: 0.63mg (4.23%)