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Berry, Spinach, and Avocado Smoothie ♦♦

This smoothie is packed with nutritious ingredients like berries, spinach, and avocado. It's a refreshing and healthy option for breakfast or a snack.

Recipe Type: Vegan

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 500 grams

Number of Servings: 2

Serving Size: 250 g

Ingredients

200 g	Mixed Berries
100 g	spinach
100 g	Avocado
200 ml	water
100 g	ice cubes

Directions

Step 1

Blender

Add mixed berries, spinach, avocado, water, and ice cubes to a blender.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Blender

Blend until smooth and creamy.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Pour into glasses and serve.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 15 g

Protein: 5 g

Carbohydrates: 15 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	15 g	27.27%	30%
Fibers	10 g	26.32%	40%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	15 g	53.57%	60%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	50 iu	5.56%	7.14%
Vitamin C	100 mg	111.11%	133.33%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	20 mg	133.33%	133.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	50 mg	2.17%	2.17%
Calcium	10 mg	1%	1%
Iron	15 mg	187.5%	83.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	500 mg	14.71%	19.23%
Zinc	6 mg	54.55%	75%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas Easter Halloween Baby Shower Barbecue Game Day

Nutritional Content

Low Calorie Low Fat High Fiber Low Sodium High Vitamin C High Calcium

Kitchen Tools

Blender

Course

Appetizers Drinks Salads Snacks Sauces & Dressings

Meal Type

Brunch Lunch Snack Supper

Difficulty Level

Medium

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