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Fennel Smoothie ♦♦

A refreshing and healthy smoothie made with fennel and other nutritious ingredients. This smoothie is vegan and perfect for a quick and nutritious breakfast or 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	fennel bulb
150 g	Banana
50 g	spinach
250 ml	almond milk
10 g	Chia Seeds
30 ml	maple syrup

Directions

Step 1

Cut

Wash and chop the fennel bulb.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cut

Peel and slice the banana.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Blender

Add the fennel, banana, spinach, almond milk, chia seeds, and maple syrup to a blender.

Prep Time: 1 mins

Cook Time: 0 mins

Step 4

Blender

Blend until smooth and creamy.

Prep Time: 2 mins

Cook Time: 0 mins

Step 5

Serving

Pour into glasses and serve.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 120 kcal

Fat: 5 g

Protein: 3 g

Carbohydrates: 18 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	3 g	17.65%	17.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	18 g	32.73%	36%
Fibers	5 g	13.16%	20%
Sugars	10 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	3 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	5 g	17.86%	20%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Vitamin A	50 iu	5.56%	7.14%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	100 mg	4.35%	4.35%
Calcium	20 mg	2%	2%
Iron	10 mg	125%	55.56%
Potassium	300 mg	8.82%	11.54%
Zinc	1 mg	9.09%	12.5%
Selenium	1 mcg	1.82%	1.82%

Recipe Attributes

Seasonality

Summer Fall

Events

Easter Picnic

Cuisines

Indian

Mexican

French

Mediterranean

Nutritional Content

Low Calorie

High Protein

Low Fat

High Fiber

Low Sodium

High Vitamin C

High Calcium

Kitchen Tools

Blender

Course

Appetizers

Drinks

Salads

Snacks

Meal Type

Brunch

Snack

Supper

Difficulty Level

Easy

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