



Healthdor

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Ginger, Apple, and Mint Green Smoothie ♦♦

This refreshing and nutritious green smoothie is made with ginger, apple, and mint. It's a perfect way to start your day or enjoy as a light and healthy snack. The combination of flavors and ingredients provides a burst of energy and supports digestion.

Recipe Type: Vegetarian

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

20 g	Ginger
200 g	Apple
10 g	Mint

Directions

Step 1

Cut

Peel and chop the ginger.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cut

Core and chop the apple.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Blender

Add the ginger, apple, and mint to a blender.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Blender

Blend until smooth and creamy.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Serving

Pour into glasses and serve.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 100 kcal

Fat: 0 g

Protein: 1 g

Carbohydrates: 25 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	1 g	5.88%	5.88%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%
Fibers	5 g	13.16%	20%
Sugars	15 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	0 g	0%	0%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	0 mg	0%	0%
Calcium	2 mg	0.2%	0.2%
Iron	4 mg	50%	22.22%
Potassium	200 mg	5.88%	7.69%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas Easter

Meal Type

Breakfast

Brunch

Supper

Nutritional Content

Low Calorie

High Protein

Kitchen Tools

Blender

Course

Drinks

Salads

Soups

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

Difficulty Level

Medium

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