



Healthdor

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Papaya Flaxseed Shake ♦♦

A refreshing and nutritious shake made with papaya and flaxseeds. This shake is vegan-friendly and packed with vitamins and minerals.

Recipe Type: Vegan

Prep Time: 5 mins

Cook Time: N/A

Total Time: 5 mins

Recipe Yield: 500 grams

Number of Servings: 2

Serving Size: 250 g

Ingredients

300 g	Papaya
20 g	Flaxseeds
200 ml	water
100 g	ice cubes

Directions

Step 1

Cut

Peel and chop the papaya into small pieces.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

Blender

Add the chopped papaya, flaxseeds, water, and ice cubes to a blender.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Blender

Blend until smooth and creamy.

Prep Time: 1 mins

Cook Time: 0 mins

Step 4

Serving

Pour the shake into glasses and serve chilled.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 2 g

Protein: 3 g

Carbohydrates: 30 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	30 g	54.55%	60%

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

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	1 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	2 g	7.14%	8%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	1000 iu	111.11%	142.86%
Vitamin C	70 mg	77.78%	93.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	10 mg	0.43%	0.43%
Calcium	50 mg	5%	5%
Iron	1 mg	12.5%	5.56%
Potassium	500 mg	14.71%	19.23%
Zinc	1 mg	9.09%	12.5%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Events

Christmas Easter Baby Shower Barbecue

Cuisines

Spanish

Nutritional Content

High Fiber

Kitchen Tools

Blender

Course

Drinks Salads Snacks

Cultural

Chinese New Year

Diwali

Oktoberfest

Easter

Cost

\$10 to \$20

Demographics

Kids Friendly

Teen Friendly

Diabetic Friendly

Heart Healthy

Diet

Pescatarian Diet

Meal Type

Snack

Supper

Difficulty Level

Easy

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