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Basic Green Smoothie ♦♦

The Basic Green Smoothie is a nutritious and refreshing drink made with a blend of leafy greens, fruits, and liquid. It is a popular choice for those following a vegan or vegetarian diet, as it is packed with vitamins, minerals, and antioxidants. This smoothie can be enjoyed as a quick breakfast or as a healthy snack throughout the day.

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

100 g	spinach
100 g	kale
150 g	Banana
150 g	Mango
250 ml	coconut water

Directions

Step 1

Wash the spinach and kale leaves.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

Cutting

Peel and chop the banana and mango.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Blending

Add the spinach, kale, banana, mango, and coconut water to a blender.

Prep Time: 1 mins

Cook Time: 0 mins

Step 4

Blending

Blend until smooth and creamy.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Serving

Pour the green smoothie into glasses and serve.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 0 g

Protein: 3 g

Carbohydrates: 37 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	37 g	67.27%	74%
Fibers	6 g	15.79%	24%
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	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)
Vitamin A	100 iu	11.11%	14.29%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	70 mg	77.78%	93.33%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	15 mg	100%	100%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	60 mg	2.61%	2.61%
Calcium	10 mg	1%	1%
Iron	15 mg	187.5%	83.33%
Potassium	500 mg	14.71%	19.23%
Zinc	4 mg	36.36%	50%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Summer

Fall

Events

Christmas

Easter

Thanksgiving

Birthday

Wedding

Halloween

Valentine's Day

Mother's Day

Father's Day

New Year

Anniversary

Baby Shower

Bridal Shower

Graduation

Back to School

Barbecue

Picnic

Game Day

Meal Type

Snack

Lunch

Supper

Difficulty Level

Easy

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