



Healthdor

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Spinach, Pineapple, and Mango Berry Smoothie ♦♦

This refreshing smoothie combines the sweetness of pineapple and mango with the nutritious goodness of spinach and berries. It's a perfect way to start your day or enjoy as a mid-day snack. The smoothie is vegetarian, as it does not contain any animal products.

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

100 g	spinach
150 g	Pineapple
150 g	Mango
100 g	berries

Directions

Step 1

Preparation

Wash the spinach thoroughly.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

Cutting

Peel and chop the pineapple and mango.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Blending

Add the spinach, pineapple, mango, and berries to a blender.

Prep Time: 1 mins

Cook Time: 0 mins

Step 4

Blending

Blend until smooth and creamy.

Prep Time: 2 mins

Cook Time: 0 mins

Step 5

Serving

Pour into glasses and serve chilled.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 1 g

Protein: 2 g

Carbohydrates: 38 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	2 g	11.76%	11.76%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	38 g	69.09%	76%
Fibers	5 g	13.16%	20%
Sugars	30 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	1 g	3.57%	4%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Vitamin A	5000 iu	555.56%	714.29%
Vitamin C	60 mg	66.67%	80%
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	60 mg	6%	6%
Iron	1 mg	12.5%	5.56%
Potassium	400 mg	11.76%	15.38%
Zinc	1 mg	9.09%	12.5%
Selenium	1 mcg	1.82%	1.82%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas

Cuisines

Italian

Mediterranean

Nutritional Content

High Protein

Low Fat

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Calcium

Kitchen Tools

Blender

Course

Side Dishes

Drinks

Salads

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Meal Type

Lunch

Snack

Supper

Difficulty Level

Medium

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