



Healthdor

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## Grape Dutch Smoothie ♦♦

The Grape Dutch Smoothie is a refreshing and nutritious drink made with fresh grapes. It is a perfect blend of sweetness and tanginess, making it a delightful treat for any time of the day. This smoothie is packed with vitamins, minerals, and antioxidants, making it a healthy choice for a quick and easy snack or breakfast option. With its vibrant purple color and smooth texture, it is sure to be a crowd-pleaser.

**Recipe Type:** Standard

**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

<b>400 g</b>	Grapes
<b>100 g</b>	yogurt
<b>2 tsp</b>	honey
<b>1 c</b>	ice cubes

# Directions

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## Step 1

Wash the grapes thoroughly and remove any stems.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 2

Blending

Place the grapes, yogurt, honey, and ice cubes in a blender.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 3

Blending

Blend until smooth and creamy.

**Prep Time:** 3 mins

**Cook Time:** 0 mins

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## Step 4

Pour into glasses and serve chilled.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 150 kcal

**Fat:** 0 g

**Protein:** 2 g

**Carbohydrates:** 35 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	35 g	63.64%	70%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fibers	2 g	5.26%	8%
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	0 g	0%	0%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	2 mg	153.85%	153.85%
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	10 mg	0.43%	0.43%
Calcium	4 mg	0.4%	0.4%
Iron	2 mg	25%	11.11%
Potassium	250 mg	7.35%	9.62%
Zinc	2 mg	18.18%	25%
Selenium	0 mcg	0%	0%

## Recipe Attributes

### Seasonality

Summer

### Events

Easter

Mother's Day

Father's Day

Barbecue

Picnic

### Cuisines

Italian

### Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

High Calcium

### Kitchen Tools

Blender

## Course

Appetizers

Drinks

## Meal Type

Lunch

Snack

Supper

## Difficulty Level

Easy

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