Detox Green Smoothie

Prep Time 5 mins Total Time 5 mins

Meal Type Contributed By Breakfast,Snack

LivingPlate®

Source <u>Living Plate</u>

Servings



Ingredients

- 1 cup romaine lettuce, chopped
- 1/2 cup pineapple, chopped
- 1 ginger, peeled and chopped (for 1 Tbs)
- 1 cup cucumber, peeled and chopped
- 4 cup water
- 2 kiwis, peeled and chopped
- 2 Tbs parsley, fresh, chopped
- 1/4 avocado
- Stevia, to taste (optional)

Directions

Prep

- 1. Chop romaine and pineapple.
- 2. Peel and chop ginger, cucumber, and kiwis.
- 3. Remove flesh from 1/4 avocado.

Make

1. Add ingredients to blender and process until smooth.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "~" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts

Calories per serving

213

Amount/serving	serving % Daily Value	
Total Fat 6.4g	9%	
Saturated Fat 0.8g	4%	
Trans Fat 0.0g		
Cholesterol 0mg	0%	
Sodium 56mg	2%	

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 6.4g	9%	Total Carbohydrates 41g	13%
Saturated Fat 0.8g	4%	Dietary Fiber 9g	37%
Trans Fat 0.0g		Total Sugars 23g	
Cholesterol 0mg	0%		
Sodium 56mg	2%	Protein 4g	
Vitamin D 0mcg 0% · Calcium	134mg 13% · Iron 2	2mg 11% · Potassium 1029mg 21	%

* The percent Daily Value (DV) tells your how much a nutrient in a serving of food contributes to ta daily diet.

2,000 calories a day is used for general nutrition advice.

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⁻ Show all nutrients -