

ADVANCED GREEN SMOOTHIE - NUTRITION DATA



DIARY

TRENDS

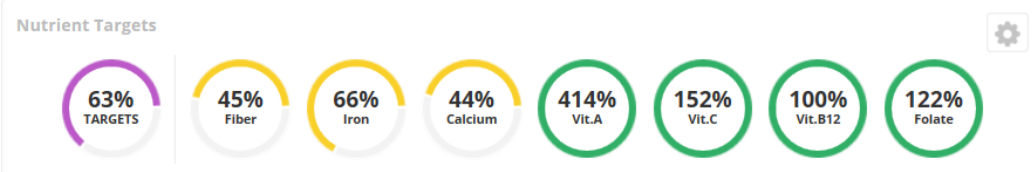
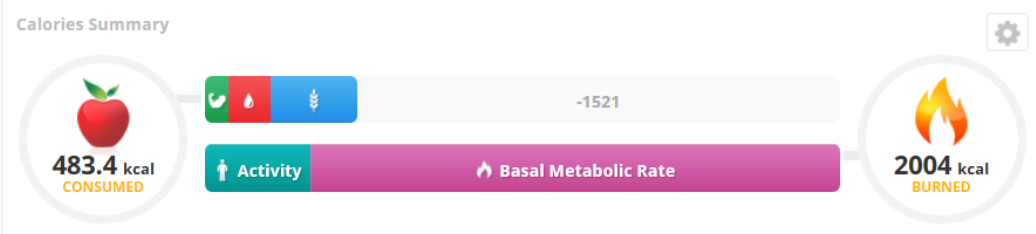
FOODS

PROFILE

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ADD FOOD
 ADD EXERCISE
 ADD BIOMETRIC
 ADD NOTE

Description	Amount	Unit	Calories
Orange, fresh	1	medium - 2 5/8" diameter	61.57
Lemon, fresh	0.5	small - 1 7/8" diameter	5.8
Ice	3	ice cube	0
Trader Joe's Frozen Pineapple Tidbits	1	oz	14.17
Bananas, raw	0.5	medium (7" to 7-7/8" long)	52.51
Dates, medjool	1	date, pitted	66.48
Cucumber, with peel, raw	0.33	cucumber (8-1/4")	15.05
Ginger root, raw	0.5	oz	11.34
Tofu, silken, not cooked	4	oz	70.31
Bragg, Nutritional Yeast Seasoning	1	tablespoon	20
Seeds, flaxseed	1	tbsp, ground	37.38
Avocado, black skin, California type	0.25	each	56.78
Eden, seaweed, dulce, flakes, raw, organic	1	Teaspoon	0
Kale, raw	2	cup 1" pieces, loosely packed	15.68
Lettuce, cos or romaine, raw	2	cup shredded	15.98
Almond milk, vanilla or other flavors, unsweetened	1	cup	40.34



General

Energy	483.4	kcal	29%
Alcohol	0.2	g	No Target
Caffeine	0.0	mg	No Target
Water	825.1	g	22%

Carbohydrates

Carbs	76.6	g	59%
Fiber	17.2	g	45%
Starch	10.1	g	No Target
Sugars	44.5	g	No Target

Lipids

Fat	15.5	g	24%
Monounsaturated	6.5	g	No Target
Polyunsaturated	5.5	g	No Target
Omega-3	2.0	g	128%
Omega-6	3.4	g	20%
Saturated	1.9	g	n/a
Trans-Fats	0.0	g	n/a
Cholesterol	0.0	mg	n/a

Protein

Protein	20.2	g	36%
Cystine	0.2	g	79%
Histidine	0.4	g	60%
Isoleucine	0.7	g	54%
Leucine	1.2	g	44%
Lysine	0.9	g	46%
Methionine	0.2	g	35%
Phenylalanine	0.8	g	99%
Threonine	0.6	g	59%
Tryptophan	0.2	g	69%
Tyrosine	0.5	g	62%
Valine	0.8	g	48%

Vitamins

B1 (Thiamine)	3.3	mg	271%
B12 (Cobalamin)	2.4	µg	100%
B2 (Riboflavin)	3.2	mg	242%
B3 (Niacin)	17.4	mg	108%
B5 (Pantothenic Acid)	4.9	mg	97%
B6 (Pyridoxine)	3.5	mg	273%
Folate	489.7	µg	122%
Vitamin A	12412.2	IU	414%
Vitamin C	137.2	mg	152%
Vitamin D	100.0	IU	17%
Vitamin E	12.0	mg	80%
Vitamin K	349.0	µg	291%

Minerals

Calcium	437.7	mg	44%
Copper	1.2	mg	138%
Iron	5.3	mg	66%
Magnesium	175.5	mg	44%
Manganese	1.6	mg	68%
Phosphorus	341.3	mg	49%
Potassium	1958.4	mg	42%
Selenium	22.2	µg	40%
Sodium	268.1	mg	18%
Zinc	3.3	mg	30%

Please note that www.nutritionfacts.org has an excellent series of videos regarding recent nutrition research on green smoothies