

Recipe: Pipe Cleaner Smoothie

Pipe Cleaner Smoothie

Number of Servings: 2 (554.2 g per serving)

Weight: 1108.40 g

Recipe

Item Name	Quantity	Measure
Celery, fresh, stalk, med	1	Each
Pineapple, fresh, chunks	1/2	Cup
Avocado, avg, fresh	1	Each
Banana, fresh, med	1	Each
Limes, fresh, med	1/2	Each
Herb, parsley, fresh, chpd	1/2	Cup
Ice cubes	1	Cup
Coconut, water, fresh	2	Cup

Nutrients

Nutrients	Per Servi...	Nutrients	Per Servi...
Basic Components		Biotin (mcg)	3.74
Gram Weight (g)	554.20	Vitamin C (mg)	67.74
Calories (kcal)	296.25	Vitamin D - IU (IU)	0
Calories from Fat (kcal)	138.45	Vitamin D - mcg (mcg)	0
Calories from SatFat (kcal)	23.25	Vitamin E - Alpha-Toco (mg)	2.20
Protein (g)	4.91	Folate (mcg)	119.13
Carbohydrates (g)	41.60	Folate, DFE (mcg)	119.13
Dietary Fiber (g)	12.95	Vitamin K (mcg)	270.67
Soluble Fiber (g)	0	Pantothenic Acid (mg)	1.65
Total Sugars (g)	21.12	Minerals	
Monosaccharides (g)	2.18	Calcium (mg)	107.50
Disaccharides (g)	2.53	Chromium (mcg)	--
Other Carbs (g)	7.53	Copper (mg)	0.36
Fat (g)	15.38	Fluoride (mg)	0.05
Saturated Fat (g)	2.58	Iodine (mcg)	2.01
Mono Fat (g)	9.92	Iron (mg)	2.58
Poly Fat (g)	1.87	Magnesium (mg)	102.19

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Nutrients cont.

Nutrients	Per Servi...	Nutrients	Per Servi...
Trans Fatty Acid (g)	0	Manganese (mg)	0.89
Cholesterol (mg)	0	Molybdenum (mcg)	--
Water (g)	488.57	Phosphorus (mg)	112.38
Vitamins		Potassium (mg)	1525.84
Vitamin A - IU (IU)	1626.10	Selenium (mcg)	2.86
Vitamin A - RAE (RAE)	81.31	Sodium (mg)	298.21
Carotenoid RE (RE)	162.61	Zinc (mg)	1.10
Retinol RE (RE)	0	Other Fats	
Beta-Carotene (mcg)	844.95	Omega 3 Fatty Acid (g)	0.13
Vitamin B1 (mg)	0.18	Omega 6 Fatty Acid (g)	1.71
Vitamin B2 (mg)	0.30	Other Nutrients	
Vitamin B3 (mg)	2.34	Alcohol (g)	0
Vitamin B3 - Niacin Equiv (mg)	3.21	Caffeine (mg)	0
Vitamin B6 (mg)	0.39	Choline (mg)	21.13
Vitamin B12 (mcg)	0		

Preparation Method

Preparation ...	Cook Time	Cook Temper...	Cook Method	Pan Size
10 minutes				

Preparation Method Instructions

In blender, add all ingredients. Blend until smooth. Enjoy!