

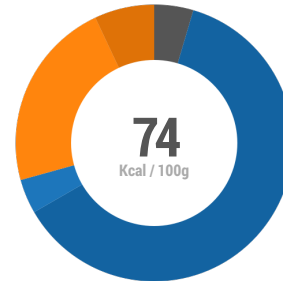
Billy's Smoothie

By Lisa Treacy from My Life Health and Fitness



Overview ...

U / 1456357



WEIGHT:

66.1% Carbs

4.6% Protein

29.3% Fat

Food Labelling...

EU Label values per 100g

Serves **4**

	PER 100G	%RI	PER 156G SERVING	%RI
Energy(Kj)	341 kJ	4%	532 kJ	6%
Energy(Kcal)	81 kcal	4%	127 kcal	6%
Fat	2.4 g	3%	3.8 g	5%
<i>of which saturates</i>	0.6 g	3%	0.9 g	5%
Carbohydrate	13 g	5%	20 g	8%
<i>of which sugars</i>	11 g	12%	18 g	20%
Fibre	2 g	8%	3.2 g	13%
Protein	0.8 g	2%	1.3 g	3%
Salt	0 g	0%	0 g	0%

Nutrient Breakdown per 100g...

Energy	Lipid Components	Vitamins
Energy(Kcal) 4% RI	Saturated Fat 3% RI	Vitamin A (ret eq) 0% RI
Energy(Kj) 4% RI	Monounsaturated fat 4% RI	Retinol
74kcal	<i>cis-Mono</i>	Carotene
312kJ	Polyunsaturated fat 2% RI	Vitamin D
Macronutrients	<i>Omega3(n-3)</i> 2% RI	Vitamin E 4% RI
Carbohydrate 5% RI	<i>Omega6(n-6)</i> 2% RI	Vitamin K ₁ 3% RI
Protein 2% RI	<i>cis-Poly</i>	Thiamin (B ₁) 7% RI
Fat 3% RI	Trans-fatty acids	Riboflavin (B ₂) 4% RI
Water	Cholesterol	Niacin total (B ₃) 4% RI
Water from Drinks	Minerals & trace elements	Niacin 3% RI
Alcohol (0% ABV)	Sodium 0% RI	Tryptophan
Carbohydrate	Potassium 11% RI	Pantothenic Acid (B ₅) 5% RI
Starch	Chloride 7% RI	Vitamin B ₆ 12% RI
Oligosaccharide	Calcium 1% RI	Folates (B ₉) Total 4% RI
Fibre 8% RI	Phosphorus 3% RI	Vitamin B ₁₂
NSP	Magnesium 4% RI	Biotin (B ₇) 3% RI
Sugars 13% RI	Iron 2% RI	Vitamin C 15% RI
Glucose	Zinc 1% RI	
Galactose	Copper 5% RI	
Fructose		

Sucrose
Maltose
Lactose

1.7g Manganese **8% RI**
0g Selenium **0% RI**
0g Iodine **2% RI**

0.16mg
trace
3.6ug


Other

GI (estimated) **44**
GL **5.4**
Caffeine **-**

Recipe Ingredients ...	Quantity:	Description:
Avocado, Hass, flesh only	70g	1x NHS serving (1/2 Avocado)
Bananas, flesh only	180g	1.5x Large
Apples, eating, raw, flesh and skin	174g	1x Medium
Strawberries, frozen	85g	8x strawberry
Pears, raw, flesh and skin	115g	1x small

Portions / Pack Sizes ...

1 Serving



156g / 126kcal

Ingredient List (QUID) ...

Bananas (28.8%), Apples (27.9%) [Apple], Pears (18.4%), Strawberries (13.6%), Avocados (11.2%)