



4th of July Blast Smoothie



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



53 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients



1 large banana



12 blackberries fresh



2 cups ice cubes crushed



0.3 cup orange juice



5 large strawberries hulled halved

Equipment

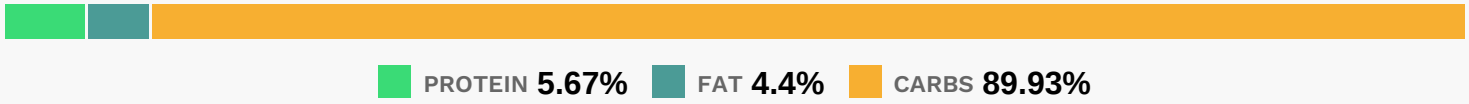


blender

Directions

- ☐ Place 1 cup blackberries, strawberries, banana, orange juice, and ice into a blender in that order, and blend on high speed until smooth, 30 seconds to 1 minute.
- ☐ Pour into 4 glasses and top each serving with 3 blackberries for garnish.

Nutrition Facts



Properties

Glycemic Index:42.94, Glycemic Load:5.69, Inflammation Score:-3, Nutrition Score:4.8756520955459%

Flavonoids

Cyanidin: 6.56mg, Cyanidin: 6.56mg, Cyanidin: 6.56mg, Cyanidin: 6.56mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Pelargonidin: 8.41mg, Pelargonidin: 8.41mg, Pelargonidin: 8.41mg, Pelargonidin: 8.41mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 5.35mg, Catechin: 5.35mg, Catechin: 5.35mg, Catechin: 5.35mg Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg Epicatechin: 0.43mg, Epicatechin: 0.43mg, Epicatechin: 0.43mg, Epicatechin: 0.43mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 52.94kcal (2.65%), Fat: 0.28g (0.44%), Saturated Fat: 0.05g (0.31%), Carbohydrates: 13.07g (4.36%), Net Carbohydrates: 11.15g (4.06%), Sugar: 7.83g (8.7%), Cholesterol: 0mg (0%), Sodium: 6.86mg (0.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.82g (1.65%), Vitamin C: 34.4mg (41.69%), Manganese: 0.26mg (13.19%), Fiber: 1.92g (7.67%), Vitamin B6: 0.15mg (7.54%), Potassium: 224.41mg (6.41%), Folate: 22.6µg (5.65%), Magnesium: 18.22mg (4.56%), Copper: 0.08mg (4.03%), Vitamin B1: 0.04mg (2.56%), Vitamin B3: 0.48mg (2.39%), Vitamin B2: 0.04mg (2.35%), Vitamin B5: 0.21mg (2.12%), Phosphorus: 20.41mg (2.04%), Vitamin K: 2.12µg (2.02%), Iron: 0.31mg (1.7%), Vitamin A: 79.98IU (1.6%), Calcium: 14.66mg (1.47%), Vitamin E: 0.21mg (1.4%), Zinc: 0.15mg (1.01%)