



A Very Intense Fruit Smoothie



Vegetarian



Gluten Free



Dairy Free



Popular

READY IN



3 min.

SERVINGS



2

CALORIES



225 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients



10 ounce poached berries mixed frozen



2 tablespoons honey



15 ounce peaches drained sliced canned

Equipment

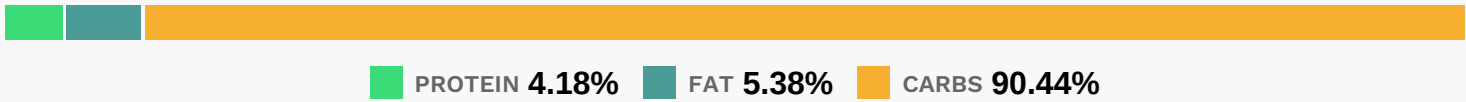


blender

Directions

In a blender, combine frozen fruit, canned fruit and honey. Blend until smooth.

Nutrition Facts



Properties

Glycemic Index:46.26, Glycemic Load:16.38, Inflammation Score:-7, Nutrition Score:9.3886956028316%

Flavonoids

Cyanidin: 10.26mg, Cyanidin: 10.26mg, Cyanidin: 10.26mg, Cyanidin: 10.26mg Petunidin: 25.74mg, Petunidin: 25.74mg, Petunidin: 25.74mg, Petunidin: 25.74mg Delphinidin: 30.6mg, Delphinidin: 30.6mg, Delphinidin: 30.6mg, Delphinidin: 30.6mg Malvidin: 70.38mg, Malvidin: 70.38mg, Malvidin: 70.38mg, Malvidin: 70.38mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 0.67mg, Peonidin: 0.67mg, Peonidin: 0.67mg, Peonidin: 0.67mg Catechin: 10.46mg, Catechin: 10.46mg, Catechin: 10.46mg, Catechin: 10.46mg Epigallocatechin: 2.21mg, Epigallocatechin: 2.21mg, Epigallocatechin: 2.21mg, Epigallocatechin: 2.21mg Epicatechin: 4.98mg, Epicatechin: 4.98mg, Epicatechin: 4.98mg, Epicatechin: 4.98mg Epigallocatechin 3-gallate: 0.64mg, Epigallocatechin 3-gallate: 0.64mg, Epigallocatechin 3-gallate: 0.64mg, Epigallocatechin 3-gallate: 0.64mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.55mg, Luteolin: 2.55mg, Luteolin: 2.55mg, Luteolin: 2.55mg Kaempferol: 2.03mg, Kaempferol: 2.03mg, Kaempferol: 2.03mg, Kaempferol: 2.03mg Myricetin: 2.49mg, Myricetin: 2.49mg, Myricetin: 2.49mg, Myricetin: 2.49mg Quercetin: 7.98mg, Quercetin: 7.98mg, Quercetin: 7.98mg, Quercetin: 7.98mg

Nutrients (% of daily need)

Calories: 225.43kcal (11.27%), Fat: 1.48g (2.28%), Saturated Fat: 0.12g (0.72%), Carbohydrates: 56.07g (18.69%), Net Carbohydrates: 49.01g (17.82%), Sugar: 47.06g (52.29%), Cholesterol: 0mg (0%), Sodium: 29.9mg (1.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.59g (5.19%), Fiber: 7.06g (28.23%), Vitamin K: 29.63µg (28.21%), Manganese: 0.35mg (17.74%), Vitamin A: 758.35IU (15.17%), Vitamin C: 12.37mg (14.99%), Vitamin E: 2.23mg (14.88%), Vitamin B3: 2.48mg (12.38%), Copper: 0.22mg (11.01%), Potassium: 346.86mg (9.91%), Vitamin B2: 0.13mg (7.43%), Vitamin B6: 0.14mg (7.09%), Selenium: 4.77µg (6.82%), Vitamin B1: 0.1mg (6.43%), Phosphorus: 63.21mg (6.32%), Magnesium: 24.52mg (6.13%), Iron: 1.07mg (5.92%), Folate: 23.1µg (5.77%), Vitamin B5: 0.52mg (5.17%), Zinc: 0.63mg (4.23%), Calcium: 21.1mg (2.11%)