

Açaí Super Smoothie



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



95 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 1 package açai puree unsweetened frozen
- ☐ 1 tablespoon agave nectar
- ☐ 2 bananas
- ☐ 1 cup pomegranate juice
- ☐ 1 cup raspberries frozen

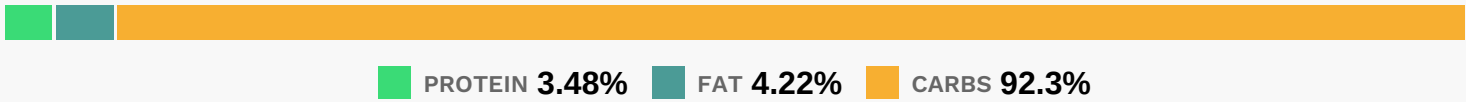
Equipment

- ☐ blender

Directions

- ☐ In a blender, combine one 5-ounce package frozen unsweetened aai puree with 2 bananas, 1 cup frozen raspberries, 1 cup pomegranate juice and 1 tablespoon agave nectar and blend at high speed until smooth.
- ☐ Serve right away.

Nutrition Facts



Properties

Glycemic Index:19.16, Glycemic Load:6.04, Inflammation Score:-2, Nutrition Score:4.7682609143464%

Flavonoids

Cyanidin: 12.18mg, Cyanidin: 12.18mg, Cyanidin: 12.18mg, Cyanidin: 12.18mg Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg Delphinidin: 0.72mg, Delphinidin: 0.72mg, Delphinidin: 0.72mg, Delphinidin: 0.72mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.28mg, Pelargonidin: 0.28mg, Pelargonidin: 0.28mg, Pelargonidin: 0.28mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 3.19mg, Catechin: 3.19mg, Catechin: 3.19mg, Catechin: 3.19mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.85mg, Epicatechin: 0.85mg, Epicatechin: 0.85mg, Epicatechin: 0.85mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

Nutrients (% of daily need)

Calories: 94.52kcal (4.73%), Fat: 0.48g (0.73%), Saturated Fat: 0.1g (0.6%), Carbohydrates: 23.37g (7.79%), Net Carbohydrates: 20.53g (7.46%), Sugar: 15.97g (17.74%), Cholesterol: 0mg (0%), Sodium: 5.37mg (0.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.88g (1.76%), Manganese: 0.34mg (16.79%), Vitamin C: 11.16mg (13.53%), Fiber: 2.85g (11.38%), Vitamin B6: 0.22mg (10.81%), Potassium: 312.02mg (8.91%), Vitamin K: 8.23µg (7.84%), Folate: 27.69µg (6.92%), Magnesium: 21.55mg (5.39%), Vitamin B5: 0.38mg (3.79%), Copper: 0.07mg (3.46%), Vitamin B2: 0.06mg (3.41%), Vitamin E: 0.49mg (3.24%), Vitamin B3: 0.6mg (3.01%), Vitamin B1: 0.03mg (2.33%), Phosphorus: 22.86mg (2.29%), Iron: 0.34mg (1.9%), Zinc: 0.22mg (1.45%), Calcium: 13.93mg (1.39%), Selenium: 0.74µg (1.06%)