



Antioxidant Supreme

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



164 kcal

SIDE DISH

Ingredients

- 1 cup blueberries fresh frozen thawed (or ,)
- 2 cups mangos peeled coarsely chopped (from a 1-pound mango)
- 1 cup strawberries fresh frozen thawed halved (5) (or ,)
- 0.3 cup water

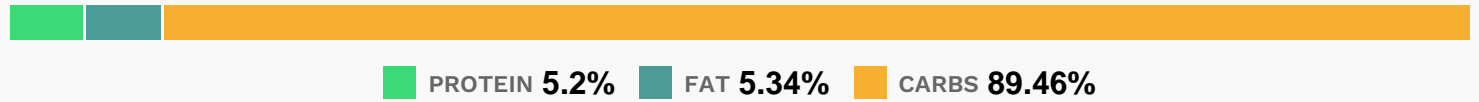
Equipment

- blender

Directions

In a blender, combine blueberries, strawberries, mango, and water; blend, scraping down sides occasionally, until smooth. Strain juice and, if desired, thin with additional water. Before serving, garnish with sliced mango, blueberries, and strawberries (optional). Refrigerate up to 2 days (shake before serving).

Nutrition Facts



Properties

Glycemic Index:65.88, Glycemic Load:16.66, Inflammation Score:-9, Nutrition Score:14.813043506249%

Flavonoids

Cyanidin: 7.64mg, Cyanidin: 7.64mg, Cyanidin: 7.64mg, Cyanidin: 7.64mg Petunidin: 23.41mg, Petunidin: 23.41mg, Petunidin: 23.41mg, Petunidin: 23.41mg Delphinidin: 26.47mg, Delphinidin: 26.47mg, Delphinidin: 26.47mg, Delphinidin: 26.47mg Malvidin: 50.02mg, Malvidin: 50.02mg, Malvidin: 50.02mg, Malvidin: 50.02mg Pelargonidin: 17.92mg, Pelargonidin: 17.92mg, Pelargonidin: 17.92mg, Pelargonidin: 17.92mg Peonidin: 15.05mg, Peonidin: 15.05mg, Peonidin: 15.05mg, Peonidin: 15.05mg Catechin: 8.99mg, Catechin: 8.99mg, Catechin: 8.99mg, Catechin: 8.99mg Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 1.67mg, Kaempferol: 1.67mg, Kaempferol: 1.67mg, Kaempferol: 1.67mg Myricetin: 1.09mg, Myricetin: 1.09mg, Myricetin: 1.09mg, Myricetin: 1.09mg Quercetin: 6.47mg, Quercetin: 6.47mg, Quercetin: 6.47mg, Quercetin: 6.47mg Galocatechin: 0.11mg, Galocatechin: 0.11mg, Galocatechin: 0.11mg, Galocatechin: 0.11mg

Nutrients (% of daily need)

Calories: 164.22kcal (8.21%), Fat: 1.09g (1.67%), Saturated Fat: 0.18g (1.15%), Carbohydrates: 41.01g (13.67%), Net Carbohydrates: 35.15g (12.78%), Sugar: 33.5g (37.22%), Cholesterol: 0mg (0%), Sodium: 4.59mg (0.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.38g (4.77%), Vitamin C: 109.57mg (132.82%), Vitamin A: 1833.9IU (36.68%), Manganese: 0.63mg (31.53%), Fiber: 5.86g (23.42%), Folate: 92.67µg (23.17%), Vitamin K: 22.8µg (21.71%), Vitamin E: 2.12mg (14.1%), Vitamin B6: 0.27mg (13.43%), Copper: 0.26mg (13.23%), Potassium: 444.34mg (12.7%), Vitamin B3: 1.69mg (8.46%), Magnesium: 30.6mg (7.65%), Vitamin B2: 0.11mg (6.4%), Vitamin B1: 0.09mg (6.06%), Vitamin B5: 0.51mg (5.07%), Phosphorus: 49.26mg (4.93%), Iron: 0.77mg (4.26%), Calcium: 35mg (3.5%), Zinc: 0.37mg (2.47%),

Selenium: 1.35µg (1.93%)