



Belly-Balance Smoothie



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



124 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 0.5 cup blueberries frozen
- ☐ 0.5 cup yogurt plain fat-free
- ☐ 0.5 cup raspberries frozen
- ☐ 1 cup vanilla soy milk
- ☐ 3 contents of probiotic capsules (from gelatin caps)
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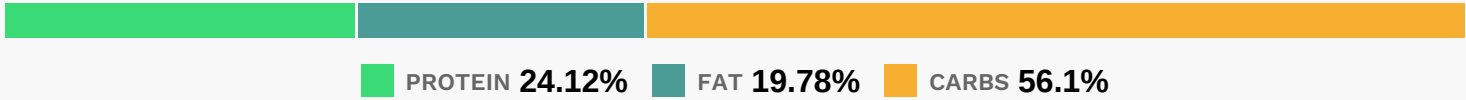
Equipment

- ☐ blender

Directions

- ☐ Place all ingredients in a blender and blend until smooth.
- ☐ Serve in a tall glass.

Nutrition Facts



Properties

Glycemic Index:49.71, Glycemic Load:3.41, Inflammation Score:-6, Nutrition Score:13.467391159223%

Flavonoids

Cyanidin: 16.86mg, Cyanidin: 16.86mg, Cyanidin: 16.86mg, Cyanidin: 16.86mg Petunidin: 11.76mg, Petunidin: 11.76mg, Petunidin: 11.76mg, Petunidin: 11.76mg Delphinidin: 13.51mg, Delphinidin: 13.51mg, Delphinidin: 13.51mg, Delphinidin: 13.51mg Malvidin: 25.05mg, Malvidin: 25.05mg, Malvidin: 25.05mg, Malvidin: 25.05mg Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg Peonidin: 7.54mg, Peonidin: 7.54mg, Peonidin: 7.54mg, Peonidin: 7.54mg Catechin: 2.35mg, Catechin: 2.35mg, Catechin: 2.35mg, Catechin: 2.35mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 1.29mg, Epicatechin: 1.29mg, Epicatechin: 1.29mg, Epicatechin: 1.29mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 124.09kcal (6.2%), Fat: 2.78g (4.27%), Saturated Fat: 0.33g (2.06%), Carbohydrates: 17.71g (5.9%), Net Carbohydrates: 14.4g (5.24%), Sugar: 12.7g (14.11%), Cholesterol: 1.23mg (0.41%), Sodium: 106.83mg (4.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.61g (15.23%), Calcium: 296.81mg (29.68%), Vitamin B12: 1.65µg (27.47%), Vitamin C: 20.5mg (24.84%), Vitamin B2: 0.4mg (23.81%), Vitamin E: 3.45mg (22.97%), Vitamin B3: 4.29mg (21.47%), Vitamin B6: 0.34mg (17.16%), Manganese: 0.33mg (16.42%), Folate: 53.63µg (13.41%), Fiber: 3.31g (13.24%), Potassium: 396.36mg (11.32%), Phosphorus: 109.3mg (10.93%), Copper: 0.2mg (10.12%), Vitamin A: 497.91IU (9.96%), Vitamin D: 1.42µg (9.44%), Vitamin K: 9.6µg (9.15%), Vitamin B1: 0.13mg (8.39%), Selenium: 5.02µg (7.17%), Zinc: 1.06mg (7.08%), Vitamin B5: 0.54mg (5.37%), Iron: 0.94mg (5.24%), Magnesium: 20.46mg (5.11%)