



## Berries with Buttermilk and Honey

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



149 kcal

SIDE DISH

### Ingredients

- 2 cups buttermilk cold
- 1 cup ice cubes
- 0.3 cup honey
- 3 cups berries mixed (any combination of strawberries, blueberries, blackberries, or raspberries)
- 0.5 cup mint leaves fresh

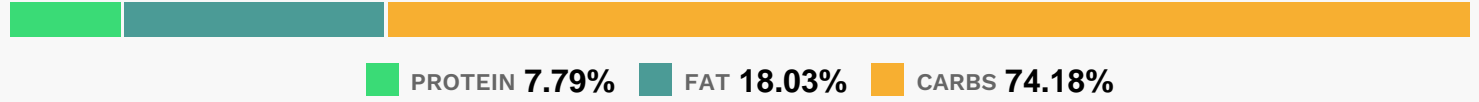
### Equipment

- bowl
- blender

# Directions

- Blend buttermilk, ice, and honey in a blender until frothy.
- Combine mixed berries with fresh mint. Divide iced buttermilk and berries among 4 to 6 bowls.

# Nutrition Facts



# Properties

Glycemic Index:13.88, Glycemic Load:9.3, Inflammation Score:-4, Nutrition Score:5.5947826530622%

# Flavonoids

Cyanidin: 3.38mg, Cyanidin: 3.38mg, Cyanidin: 3.38mg, Cyanidin: 3.38mg Petunidin: 14.07mg, Petunidin: 14.07mg, Petunidin: 14.07mg, Petunidin: 14.07mg Delphinidin: 16.73mg, Delphinidin: 16.73mg, Delphinidin: 16.73mg, Delphinidin: 16.73mg Malvidin: 38.48mg, Malvidin: 38.48mg, Malvidin: 38.48mg, Malvidin: 38.48mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.36mg, Peonidin: 0.36mg, Peonidin: 0.36mg, Peonidin: 0.36mg Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin: 1.87mg, Luteolin: 1.87mg, Luteolin: 1.87mg, Luteolin: 1.87mg Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg Myricetin: 1.36mg, Myricetin: 1.36mg, Myricetin: 1.36mg, Myricetin: 1.36mg Quercetin: 3.6mg, Quercetin: 3.6mg, Quercetin: 3.6mg, Quercetin: 3.6mg

# Nutrients (% of daily need)

Calories: 149kcal (7.45%), Fat: 3.18g (4.89%), Saturated Fat: 1.57g (9.81%), Carbohydrates: 29.44g (9.81%), Net Carbohydrates: 27.01g (9.82%), Sugar: 25.91g (28.79%), Cholesterol: 8.8mg (2.93%), Sodium: 88.66mg (3.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.09g (6.18%), Vitamin K: 12.95µg (12.33%), Calcium: 109.63mg (10.96%), Vitamin B2: 0.18mg (10.79%), Fiber: 2.43g (9.72%), Manganese: 0.18mg (8.81%), Phosphorus: 80.02mg (8%), Vitamin D: 1.04µg (6.93%), Vitamin A: 326.95IU (6.54%), Vitamin B12: 0.37µg (6.13%), Potassium: 180.98mg (5.17%), Selenium: 3.19µg (4.55%), Vitamin B1: 0.07mg (4.37%), Vitamin B5: 0.43mg (4.26%), Vitamin B6: 0.08mg (4.19%), Magnesium: 15.65mg (3.91%), Vitamin C: 3.22mg (3.91%), Copper: 0.07mg (3.55%), Folate: 14.08µg (3.52%), Zinc: 0.45mg (2.97%), Vitamin E: 0.43mg (2.85%), Vitamin B3: 0.56mg (2.81%), Iron: 0.43mg (2.41%)