



Berry Bloody Smoothie

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



2

CALORIES



64 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 0.5 cup orange juice divided
- 2 tablespoons raspberries frozen to taste
- 1.3 cups strawberries frozen

Equipment

- blender

Directions

- Place frozen strawberries and raspberries into a blender, and pulse several times to break up the berries.
- Pour in half the orange juice with the blender running, and allow to blend until smooth and thick, about 30 seconds. If smoothie is too thick, blend in remaining orange juice.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:59, Glycemic Load:5.54, Inflammation Score:-6, Nutrition Score:8.7417391331299%

Flavonoids

Cyanidin: 8.28mg, Cyanidin: 8.28mg, Cyanidin: 8.28mg, Cyanidin: 8.28mg Petunidin: 0.14mg, Petunidin: 0.14mg, Petunidin: 0.14mg, Petunidin: 0.14mg Delphinidin: 0.47mg, Delphinidin: 0.47mg, Delphinidin: 0.47mg, Delphinidin: 0.47mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 22.51mg, Pelargonidin: 22.51mg, Pelargonidin: 22.51mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 2.99mg, Catechin: 2.99mg, Catechin: 2.99mg, Catechin: 2.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.9mg, Epicatechin: 0.9mg, Epicatechin: 0.9mg, Epicatechin: 0.9mg Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg Naringenin: 1.56mg, Naringenin: 1.56mg, Naringenin: 1.56mg, Naringenin: 1.56mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 64.39kcal (3.22%), Fat: 0.49g (0.75%), Saturated Fat: 0.03g (0.19%), Carbohydrates: 15.12g (5.04%), Net Carbohydrates: 12.23g (4.45%), Sugar: 10.26g (11.4%), Cholesterol: 0mg (0%), Sodium: 1.67mg (0.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.21g (2.43%), Vitamin C: 87.79mg (106.42%), Manganese: 0.46mg (22.76%), Fiber: 2.89g (11.54%), Folate: 43.31µg (10.83%), Potassium: 284.03mg (8.12%), Vitamin B1: 0.08mg (5.48%), Magnesium: 21.77mg (5.44%), Copper: 0.08mg (4.19%), Vitamin B6: 0.08mg (3.76%), Phosphorus: 36.43mg (3.64%), Vitamin B3: 0.68mg (3.42%), Iron: 0.6mg (3.31%), Vitamin K: 3.2µg (3.04%), Vitamin B5: 0.28mg (2.79%), Vitamin A: 139.68IU (2.79%), Vitamin E: 0.41mg (2.76%), Vitamin B2: 0.04mg (2.59%), Calcium: 24.92mg (2.49%), Zinc: 0.22mg (1.46%)