



## Berry Blue Shake

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



561 kcal

BEVERAGE

DRINK

### Ingredients

- ☐ 1 banana
- ☐ 2 cups blueberries frozen
- ☐ 0.5 cup orange juice
- ☐ 8 ounce strawberry yogurt

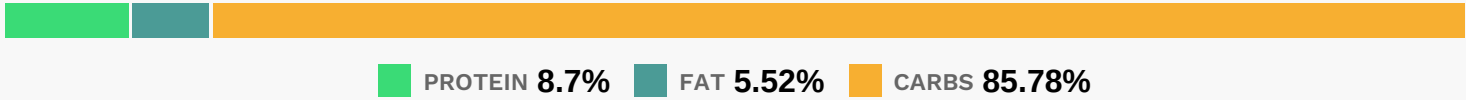
### Equipment

- ☐ blender

# Directions

- ☐ Process first 4 ingredients in a blender until smooth, stopping to scrape down sides.
- ☐ Pour in a chilled glass; top with strawberry, if desired.

## Nutrition Facts



### Properties

Glycemic Index:146.78, Glycemic Load:33.96, Inflammation Score:-9, Nutrition Score:25.1299999990049%

### Flavonoids

Cyanidin: 25.04mg, Cyanidin: 25.04mg, Cyanidin: 25.04mg, Cyanidin: 25.04mg Petunidin: 93.33mg, Petunidin: 93.33mg, Petunidin: 93.33mg, Petunidin: 93.33mg Delphinidin: 104.87mg, Delphinidin: 104.87mg, Delphinidin: 104.87mg, Delphinidin: 104.87mg Malvidin: 200.07mg, Malvidin: 200.07mg, Malvidin: 200.07mg, Malvidin: 200.07mg Peonidin: 60.06mg, Peonidin: 60.06mg, Peonidin: 60.06mg, Peonidin: 60.06mg Catechin: 22.86mg, Catechin: 22.86mg, Catechin: 22.86mg, Catechin: 22.86mg Epigallocatechin: 1.95mg, Epigallocatechin: 1.95mg, Epigallocatechin: 1.95mg, Epigallocatechin: 1.95mg Epicatechin: 1.86mg, Epicatechin: 1.86mg, Epicatechin: 1.86mg, Epicatechin: 1.86mg Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 14.82mg, Hesperetin: 14.82mg, Hesperetin: 14.82mg, Hesperetin: 14.82mg Naringenin: 2.65mg, Naringenin: 2.65mg, Naringenin: 2.65mg, Naringenin: 2.65mg Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Kaempferol: 5.04mg, Kaempferol: 5.04mg, Kaempferol: 5.04mg, Kaempferol: 5.04mg Myricetin: 3.92mg, Myricetin: 3.92mg, Myricetin: 3.92mg, Myricetin: 3.92mg Quercetin: 23.08mg, Quercetin: 23.08mg, Quercetin: 23.08mg, Quercetin: 23.08mg Gallocatechin: 0.36mg, Gallocatechin: 0.36mg, Gallocatechin: 0.36mg, Gallocatechin: 0.36mg

### Nutrients (% of daily need)

Calories: 560.87kcal (28.04%), Fat: 3.66g (5.62%), Saturated Fat: 1.38g (8.62%), Carbohydrates: 127.85g (42.62%), Net Carbohydrates: 116.75g (42.46%), Sugar: 93.3g (103.67%), Cholesterol: 20.41mg (6.8%), Sodium: 130.12mg (5.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.96g (25.93%), Vitamin C: 100.98mg (122.4%), Manganese: 1.33mg (66.53%), Vitamin K: 57.84µg (55.09%), Fiber: 11.1g (44.4%), Vitamin B2: 0.65mg (38.41%), Potassium: 1299.79mg (37.14%), Vitamin B6: 0.64mg (31.83%), Calcium: 282.24mg (28.22%), Phosphorus: 259.46mg (25.95%), Vitamin B12: 1.18µg (19.66%), Folate: 78.56µg (19.64%), Vitamin B1: 0.26mg (17.18%), Magnesium: 63.26mg (15.81%), Copper: 0.32mg (15.77%), Vitamin B3: 2.52mg (12.59%), Vitamin E: 1.85mg (12.37%), Vitamin A: 553.67IU (11.07%), Vitamin B5: 1mg (9.97%), Iron: 1.68mg (9.32%), Zinc: 0.71mg (4.75%), Selenium: 1.6µg (2.29%)