



## Berry-Kale Smoothie

 Vegetarian  Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



249 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

## Ingredients

- 1 tablespoon smooth almond butter
- 0.5 banana
- 0.8 cup yogurt plain fat-free
- 2 tablespoons honey
- 1 cup ice cubes
- 0.5 cup kale shredded
- 1.5 cups raspberries fresh
- 1 tablespoon wheat germ

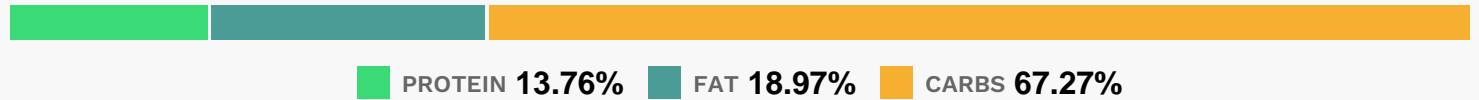
# Equipment

blender

# Directions

In a blender, combine raspberries, shredded kale, ice, yogurt, banana, honey, almond butter, and wheat germ. Blend until smooth.

# Nutrition Facts



# Properties

Glycemic Index:82.53, Glycemic Load:13.56, Inflammation Score:-9, Nutrition Score:17.615652374599%

# Flavonoids

Cyanidin: 41.19mg, Cyanidin: 41.19mg, Cyanidin: 41.19mg, Cyanidin: 41.19mg Petunidin: 0.28mg, Petunidin: 0.28mg, Petunidin: 0.28mg, Petunidin: 0.28mg Delphinidin: 1.19mg, Delphinidin: 1.19mg, Delphinidin: 1.19mg, Delphinidin: 1.19mg Malvidin: 0.12mg, Malvidin: 0.12mg, Malvidin: 0.12mg, Malvidin: 0.12mg Pelargonidin: 0.88mg, Pelargonidin: 0.88mg, Pelargonidin: 0.88mg, Pelargonidin: 0.88mg Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg Catechin: 2.98mg, Catechin: 2.98mg, Catechin: 2.98mg, Catechin: 2.98mg Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg Epicatechin: 3.17mg, Epicatechin: 3.17mg, Epicatechin: 3.17mg, Epicatechin: 3.17mg Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg Isorhamnetin: 1.24mg, Isorhamnetin: 1.24mg, Isorhamnetin: 1.24mg, Isorhamnetin: 1.24mg Kaempferol: 2.54mg, Kaempferol: 2.54mg, Kaempferol: 2.54mg, Kaempferol: 2.54mg Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg

# Nutrients (% of daily need)

Calories: 249.2kcal (12.46%), Fat: 5.63g (8.67%), Saturated Fat: 0.54g (3.4%), Carbohydrates: 44.96g (14.99%), Net Carbohydrates: 36.9g (13.42%), Sugar: 32.27g (35.86%), Cholesterol: 1.84mg (0.61%), Sodium: 82.37mg (3.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.2g (18.39%), Manganese: 1.27mg (63.74%), Vitamin C: 31.98mg (38.77%), Fiber: 8.06g (32.24%), Vitamin K: 27.83µg (26.5%), Calcium: 253.78mg (25.38%), Phosphorus: 244.36mg (24.44%), Vitamin B2: 0.39mg (22.69%), Magnesium: 77.45mg (19.36%), Vitamin E: 2.78mg (18.56%), Potassium: 589.35mg (16.84%), Zinc: 1.99mg (13.29%), Vitamin B6: 0.26mg (13.16%), Folate: 51.47µg (12.87%), Copper: 0.24mg (12.18%), Vitamin A: 579.57IU (11.59%), Vitamin B5: 1.09mg (10.9%), Vitamin B1: 0.14mg (9.53%), Vitamin B12: 0.56µg (9.34%), Selenium: 6.37µg (9.1%), Iron: 1.4mg (7.8%), Vitamin B3: 1.38mg (6.88%)