



Berry-Oatmeal Smoothie

 Vegetarian

READY IN



5 min.

SERVINGS



5

CALORIES



176 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 16 oz blueberries frozen
- 6 oz vanilla yogurt low-fat
- 0.3 cup kool-aid strawberry flavor sugar-sweetened drink mix
- 1 cup quick-cooking oats
- 1 cup water

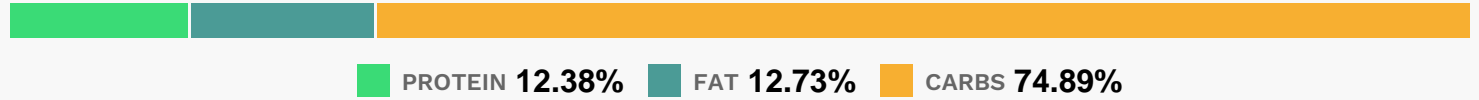
Equipment

- blender

Directions

- Blend ingredients in blender until smooth.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:10.59, Inflammation Score:-5, Nutrition Score:10.003043439077%

Flavonoids

Cyanidin: 7.67mg, Cyanidin: 7.67mg, Cyanidin: 7.67mg, Cyanidin: 7.67mg Petunidin: 28.6mg, Petunidin: 28.6mg, Petunidin: 28.6mg, Petunidin: 28.6mg Delphinidin: 32.14mg, Delphinidin: 32.14mg, Delphinidin: 32.14mg, Delphinidin: 32.14mg Malvidin: 61.32mg, Malvidin: 61.32mg, Malvidin: 61.32mg, Malvidin: 61.32mg Peonidin: 18.41mg, Peonidin: 18.41mg, Peonidin: 18.41mg, Peonidin: 18.41mg Catechin: 4.8mg, Catechin: 4.8mg, Catechin: 4.8mg, Catechin: 4.8mg Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 1.51mg, Kaempferol: 1.51mg, Kaempferol: 1.51mg, Kaempferol: 1.51mg Myricetin: 1.18mg, Myricetin: 1.18mg, Myricetin: 1.18mg, Myricetin: 1.18mg Quercetin: 6.96mg, Quercetin: 6.96mg, Quercetin: 6.96mg, Quercetin: 6.96mg Gallocatechin: 0.11mg, Gallocatechin: 0.11mg, Gallocatechin: 0.11mg, Gallocatechin: 0.11mg

Nutrients (% of daily need)

Calories: 176.45kcal (8.82%), Fat: 2.63g (4.05%), Saturated Fat: 0.88g (5.48%), Carbohydrates: 34.84g (11.61%), Net Carbohydrates: 31.13g (11.32%), Sugar: 17.93g (19.92%), Cholesterol: 3.7mg (1.23%), Sodium: 59.96mg (2.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.76g (11.52%), Manganese: 1.02mg (51.16%), Vitamin K: 18.51µg (17.63%), Phosphorus: 160.92mg (16.09%), Magnesium: 62.89mg (15.72%), Fiber: 3.71g (14.84%), Selenium: 8.64µg (12.34%), Vitamin B2: 0.2mg (11.86%), Vitamin B1: 0.18mg (11.83%), Vitamin C: 9.31mg (11.29%), Calcium: 97.49mg (9.75%), Potassium: 265.58mg (7.59%), Copper: 0.14mg (7.02%), Zinc: 1.03mg (6.89%), Iron: 1.09mg (6.05%), Vitamin B6: 0.11mg (5.64%), Vitamin B3: 0.99mg (4.93%), Vitamin B5: 0.47mg (4.67%), Folate: 18.21µg (4.55%), Vitamin E: 0.67mg (4.45%), Vitamin B12: 0.25µg (4.12%), Vitamin A: 82.28IU (1.65%)