



## Berry Patch Smoothie

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



6

CALORIES



617 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

### Ingredients

- 3 cups eagle brand® condensed milk sweetened
- 1.5 cups 1/4 cup dried cranberry (juice sweetened if possible)
- 2 cups raspberries frozen
- 1.5 quarts strawberries frozen

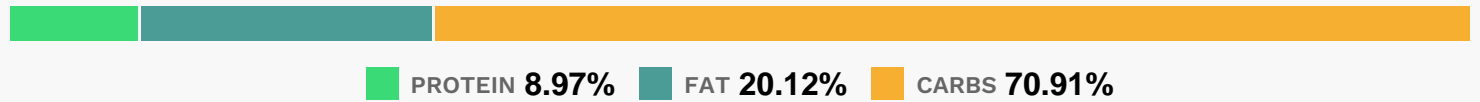
### Equipment

- blender

## Directions

- Place sweetened condensed milk and cranberry juice in blender; blend until smooth.
- Add berries. Blend on low to chop fruit, then blend on high to finish.
- Pour 1 1/2 cups of prepared smoothie into 16-ounce glass.
- Serve immediately.
- Turn off blender and stir from the bottom up with a large metal spoon to facilitate blending of frozen fruit. For a lighter consistency, add 1 cup ice cubes (per serving) when blending sweetened condensed milk and cranberry juice.

## Nutrition Facts



## Properties

Glycemic Index:30.5, Glycemic Load:60.99, Inflammation Score:-8, Nutrition Score:24.458260909371%

## Flavonoids

Cyanidin: 22.28mg, Cyanidin: 22.28mg, Cyanidin: 22.28mg, Cyanidin: 22.28mg Petunidin: 0.38mg, Petunidin: 0.38mg, Petunidin: 0.38mg, Petunidin: 0.38mg Delphinidin: 1.26mg, Delphinidin: 1.26mg, Delphinidin: 1.26mg, Delphinidin: 1.26mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 59.18mg, Pelargonidin: 59.18mg, Pelargonidin: 59.18mg, Pelargonidin: 59.18mg Peonidin: 0.17mg, Peonidin: 0.17mg, Peonidin: 0.17mg, Peonidin: 0.17mg Catechin: 7.88mg, Catechin: 7.88mg, Catechin: 7.88mg, Catechin: 7.88mg Epigallocatechin: 2.03mg, Epigallocatechin: 2.03mg, Epigallocatechin: 2.03mg, Epigallocatechin: 2.03mg Epicatechin: 2.4mg, Epicatechin: 2.4mg, Epicatechin: 2.4mg, Epicatechin: 2.4mg Epicatechin 3-gallate: 0.35mg, Epicatechin 3-gallate: 0.35mg, Epicatechin 3-gallate: 0.35mg, Epicatechin 3-gallate: 0.35mg Epigallocatechin 3-gallate: 0.48mg, Epigallocatechin 3-gallate: 0.48mg, Epigallocatechin 3-gallate: 0.48mg, Epigallocatechin 3-gallate: 0.48mg Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

## Nutrients (% of daily need)

Calories: 616.73kcal (30.84%), Fat: 14.36g (22.1%), Saturated Fat: 8.45g (52.81%), Carbohydrates: 113.88g (37.96%), Net Carbohydrates: 106.48g (38.72%), Sugar: 104.22g (115.8%), Cholesterol: 52.02mg (17.34%), Sodium: 198.34mg (8.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.41g (28.83%), Vitamin C: 159.45mg (193.28%), Manganese: 1.19mg (59.52%), Calcium: 487.43mg (48.74%), Phosphorus: 463.69mg (46.37%), Vitamin B2: 0.72mg

(42.07%), Selenium: 23.73µg (33.91%), Potassium: 1038.71mg (29.68%), Fiber: 7.39g (29.58%), Magnesium: 83.13mg (20.78%), Folate: 82.64µg (20.66%), Vitamin B5: 1.57mg (15.75%), Vitamin B1: 0.21mg (14.2%), Vitamin E: 2.04mg (13.59%), Zinc: 2mg (13.34%), Vitamin B6: 0.24mg (12.21%), Vitamin K: 12.47µg (11.87%), Vitamin B12: 0.67µg (11.22%), Copper: 0.21mg (10.36%), Vitamin A: 478.56IU (9.57%), Iron: 1.69mg (9.42%), Vitamin B3: 1.53mg (7.66%), Vitamin D: 0.31µg (2.04%)