



Berry Power-Up Smoothie

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



21 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 0.3 cup blueberries unsweetened frozen
- ☐ 1 tablespoon honey
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.3 cup pomegranate juice
- ☐ 0.3 cup raspberries unsweetened frozen
- ☐ 0.3 cup strawberries unsweetened frozen
- ☐ 1 tablespoon vanilla-flavored whey protein

Equipment

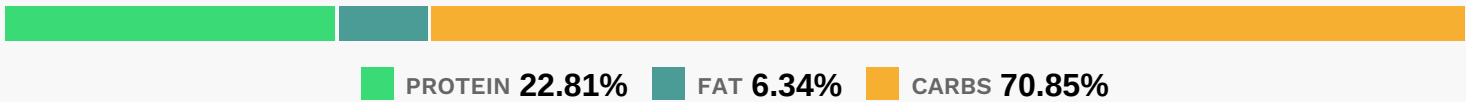
☐ blender

Directions

☐ Pure all ingredients in a blender until smooth.

☐ Pour into a chilled serving glass, and serve.

Nutrition Facts



Properties

Glycemic Index:18.23, Glycemic Load:1.24, Inflammation Score:-1, Nutrition Score:0.80304347302603%

Flavonoids

Cyanidin: 1.9mg, Cyanidin: 1.9mg, Cyanidin: 1.9mg, Cyanidin: 1.9mg Petunidin: 1.18mg, Petunidin: 1.18mg, Petunidin: 1.18mg, Petunidin: 1.18mg Delphinidin: 1.41mg, Delphinidin: 1.41mg, Delphinidin: 1.41mg, Delphinidin: 1.41mg Malvidin: 2.51mg, Malvidin: 2.51mg, Malvidin: 2.51mg, Malvidin: 2.51mg Pelargonidin: 0.93mg, Pelargonidin: 0.93mg, Pelargonidin: 0.93mg, Pelargonidin: 0.93mg Peonidin: 0.76mg, Peonidin: 0.76mg, Peonidin: 0.76mg, Peonidin: 0.76mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 20.5kcal (1.02%), Fat: 0.16g (0.24%), Saturated Fat: 0.03g (0.19%), Carbohydrates: 3.96g (1.32%), Net Carbohydrates: 3.59g (1.3%), Sugar: 3.32g (3.69%), Cholesterol: 2.33mg (0.78%), Sodium: 2.86mg (0.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.27g (2.55%), Vitamin C: 3.86mg (4.68%), Manganese: 0.05mg (2.71%), Vitamin K: 1.67µg (1.59%), Fiber: 0.37g (1.48%)