



Berry Refresher



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



136 kcal

SIDE DISH

Ingredients

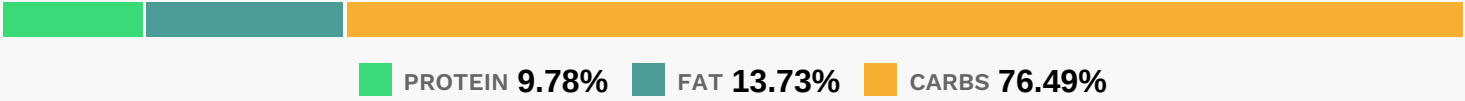
- ☐ 10 ice cubes
- ☐ 6 ounce orange juice concentrate unsweetened thawed canned
- ☐ 2 tablespoons powdered sugar
- ☐ 2 cups strawberries fresh halved
- ☐ 8 ounce raspberry yogurt

Equipment

Directions

☐ Blend all ingredients until smooth.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:2.14, Inflammation Score:-6, Nutrition Score:10.423478256101%

Flavonoids

Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 136.12kcal (6.81%), Fat: 2.16g (3.33%), Saturated Fat: 1.22g (7.65%), Carbohydrates: 27.13g (9.04%), Net Carbohydrates: 25.27g (9.19%), Sugar: 22.7g (25.23%), Cholesterol: 7.37mg (2.46%), Sodium: 31.61mg (1.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.47g (6.94%), Vitamin C: 104.28mg (126.4%), Manganese: 0.3mg (15.04%), Folate: 53.99µg (13.5%), Potassium: 465.6mg (13.3%), Vitamin B2: 0.17mg (10.09%), Vitamin B1: 0.15mg (10.04%), Calcium: 97.38mg (9.74%), Phosphorus: 97.08mg (9.71%), Vitamin B6: 0.16mg (8.13%), Magnesium: 31.4mg (7.85%), Fiber: 1.87g (7.46%), Vitamin B5: 0.55mg (5.49%), Vitamin A: 225.94IU (4.52%), Vitamin B3: 0.78mg (3.92%), Copper: 0.07mg (3.53%), Vitamin B12: 0.21µg (3.5%), Zinc: 0.51mg (3.38%), Vitamin E: 0.5mg (3.32%), Iron: 0.47mg (2.59%), Selenium: 1.73µg (2.47%), Vitamin K: 1.87µg (1.78%)