



Berry Rice Smoothie

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



161 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 1 cup banana ripe sliced
- 2 servings honey
- 1 cup rice milk
- 0.5 cup strawberries unsweetened frozen
- 0.3 teaspoon vanilla

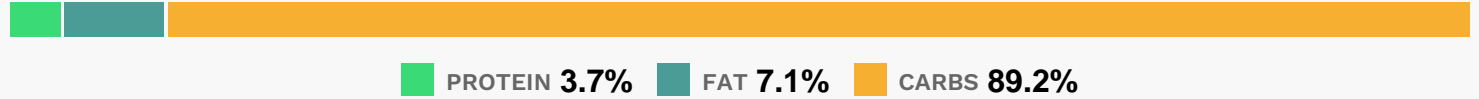
Equipment

- blender

Directions

- In a blender whirl 1 cup rice milk, 1 cup sliced ripe banana, 1/2 cup frozen unsweetened strawberries, 1/2 cup ice cubes, and 1/4 teaspoon vanilla to a smooth slush.
- Add honey to taste.

Nutrition Facts



Properties

Glycemic Index:113.03, Glycemic Load:22, Inflammation Score:-3, Nutrition Score:5.5200000016586%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 5.69mg, Catechin: 5.69mg, Catechin: 5.69mg, Catechin: 5.69mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 160.99kcal (8.05%), Fat: 1.35g (2.08%), Saturated Fat: 0.09g (0.56%), Carbohydrates: 38.2g (12.73%), Net Carbohydrates: 35.52g (12.91%), Sugar: 22.22g (24.69%), Cholesterol: 0mg (0%), Sodium: 47.03mg (2.04%), Alcohol: 0.17g (100%), Alcohol %: 0.09% (100%), Protein: 1.58g (3.17%), Vitamin C: 27.73mg (33.61%), Manganese: 0.35mg (17.41%), Vitamin B6: 0.29mg (14.7%), Fiber: 2.68g (10.74%), Potassium: 327.96mg (9.37%), Magnesium: 25.13mg (6.28%), Folate: 23.78µg (5.95%), Copper: 0.08mg (3.93%), Vitamin B2: 0.07mg (3.87%), Vitamin B3: 0.65mg (3.24%), Vitamin B5: 0.3mg (3%), Phosphorus: 25.45mg (2.55%), Calcium: 21.99mg (2.2%), Vitamin B1: 0.03mg (2.13%), Iron: 0.37mg (2.07%), Selenium: 0.95µg (1.36%), Vitamin E: 0.18mg (1.2%), Zinc: 0.18mg (1.19%), Vitamin K: 1.17µg (1.11%), Vitamin A: 52.32IU (1.05%)