



Berry Smoothie

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



3

CALORIES



111 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 1 cup milk 2%
- 1 cup strawberries unsweetened frozen
- 0.5 cup raspberries unsweetened frozen
- 3 tablespoons sugar
- 1 cup ice cubes

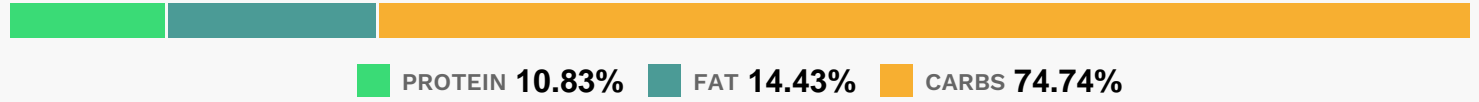
Equipment

- blender

Directions

- Place the milk, berries and sugar in a blender; cover and process until smooth.
- Add ice cubes; cover and process until smooth.

Nutrition Facts



Properties

Glycemic Index:45.36, Glycemic Load:9.75, Inflammation Score:-3, Nutrition Score:6.5165217959363%

Flavonoids

Cyanidin: 9.96mg, Cyanidin: 9.96mg, Cyanidin: 9.96mg, Cyanidin: 9.96mg Petunidin: 0.11mg, Petunidin: 0.11mg, Petunidin: 0.11mg, Petunidin: 0.11mg Delphinidin: 0.41mg, Delphinidin: 0.41mg, Delphinidin: 0.41mg, Delphinidin: 0.41mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 12.12mg, Pelargonidin: 12.12mg, Pelargonidin: 12.12mg, Pelargonidin: 12.12mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 1.75mg, Catechin: 1.75mg, Catechin: 1.75mg, Catechin: 1.75mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 0.91mg, Epicatechin: 0.91mg, Epicatechin: 0.91mg, Epicatechin: 0.91mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg Galocatechin: 0.01mg, Galocatechin: 0.01mg, Galocatechin: 0.01mg, Galocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 111.29kcal (5.56%), Fat: 1.87g (2.88%), Saturated Fat: 1g (6.25%), Carbohydrates: 21.79g (7.26%), Net Carbohydrates: 19.53g (7.1%), Sugar: 19.19g (21.32%), Cholesterol: 6.29mg (2.1%), Sodium: 41.72mg (1.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.16g (6.32%), Vitamin C: 33.62mg (40.75%), Manganese: 0.33mg (16.54%), Calcium: 109.57mg (10.96%), Vitamin B2: 0.17mg (9.76%), Fiber: 2.26g (9.04%), Phosphorus: 89.69mg (8.97%), Vitamin B12: 0.42µg (6.95%), Potassium: 214.01mg (6.11%), Magnesium: 20.08mg (5.02%), Folate: 19.65µg (4.91%), Vitamin B5: 0.41mg (4.06%), Zinc: 0.54mg (3.59%), Vitamin B1: 0.05mg (3.24%), Selenium: 2.27µg (3.24%), Vitamin B6: 0.06mg (3.17%), Copper: 0.06mg (2.96%), Vitamin K: 2.77µg (2.64%), Vitamin E: 0.34mg (2.25%), Iron: 0.36mg (1.98%), Vitamin B3: 0.38mg (1.89%), Vitamin A: 92.6IU (1.85%)