



Berry Surprise

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

5 min.

SERVINGS

servings

2

CALORIES

calories

117 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons limeade concentrate frozen thawed
- ☐ 1 cup pineapple chunks
- ☐ 0.5 cup raspberries
- ☐ 1 cup strawberries

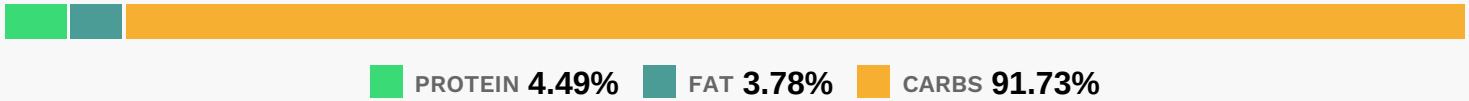
Equipment

- ☐ blender

Directions

- ☐ In a blender, combine strawberries, pineapple chunks, raspberries and limeade. Blend until smooth.
- ☐ Pour into glasses and serve.

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:2.06, Inflammation Score:-5, Nutrition Score:8.8352172426555%

Flavonoids

Cyanidin: 14.94mg, Cyanidin: 14.94mg, Cyanidin: 14.94mg, Cyanidin: 14.94mg Petunidin: 0.17mg, Petunidin: 0.17mg, Petunidin: 0.17mg, Petunidin: 0.17mg Delphinidin: 0.62mg, Delphinidin: 0.62mg, Delphinidin: 0.62mg, Delphinidin: 0.62mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 18.19mg, Pelargonidin: 18.19mg, Pelargonidin: 18.19mg, Pelargonidin: 18.19mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 2.63mg, Catechin: 2.63mg, Catechin: 2.63mg, Catechin: 2.63mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 1.36mg, Epicatechin: 1.36mg, Epicatechin: 1.36mg, Epicatechin: 1.36mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 117.31kcal (5.87%), Fat: 0.54g (0.83%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 29.55g (9.85%), Net Carbohydrates: 24.62g (8.95%), Sugar: 23.68g (26.31%), Cholesterol: 0mg (0%), Sodium: 2.65mg (0.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.45g (2.89%), Vitamin C: 61.77mg (74.88%), Manganese: 0.48mg (23.95%), Fiber: 4.93g (19.71%), Vitamin B1: 0.15mg (9.86%), Copper: 0.19mg (9.53%), Potassium: 303.62mg (8.67%), Magnesium: 34mg (8.5%), Folate: 29.64µg (7.41%), Vitamin B6: 0.14mg (6.98%), Iron: 0.83mg (4.63%), Vitamin K: 4.75µg (4.53%), Vitamin B3: 0.79mg (3.97%), Calcium: 38.24mg (3.82%), Phosphorus: 34.41mg (3.44%), Vitamin E: 0.49mg (3.29%), Vitamin B2: 0.05mg (3.09%), Zinc: 0.35mg (2.31%), Vitamin B5: 0.19mg (1.9%), Vitamin A: 77.69IU (1.55%), Selenium: 0.84µg (1.19%)