



 **28%**
HEALTH SCORE

Big Batch Smoothie Bowl

 Vegetarian

READY IN



15 min.

SERVINGS



6

CALORIES



434 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 90 grams whey powder
- 150 grams strawberries frozen
- 150 grams blueberries frozen
- 3 banana
- 1 pomegranate
- 60 grams walnuts
- 30 grams pumpkin seeds
- 30 grams flaxseeds

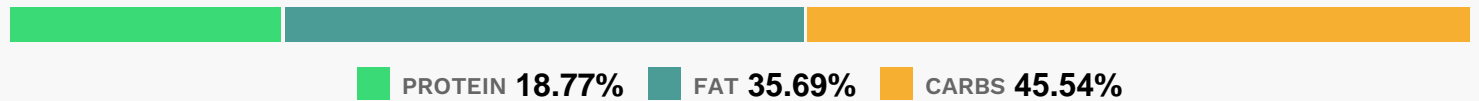
180 grams cereal

Equipment

Directions

Blend frozen berries, kefir, and protein powder. It is best to do this in advance so it's not too icy cold. Portion out each serving and top with sliced bananas, pomegranate seeds, granola, ground nuts, and flax. Enjoy!

Nutrition Facts



Properties

Glycemic Index:47.96, Glycemic Load:13.48, Inflammation Score:-7, Nutrition Score:18.89%

Flavonoids

Cyanidin: 2.81mg, Cyanidin: 2.81mg, Cyanidin: 2.81mg, Cyanidin: 2.81mg Petunidin: 7.91mg, Petunidin: 7.91mg, Petunidin: 7.91mg, Petunidin: 7.91mg Delphinidin: 8.94mg, Delphinidin: 8.94mg, Delphinidin: 8.94mg, Delphinidin: 8.94mg Malvidin: 16.9mg, Malvidin: 16.9mg, Malvidin: 16.9mg, Malvidin: 16.9mg Pelargonidin: 6.21mg, Pelargonidin: 6.21mg, Pelargonidin: 6.21mg, Pelargonidin: 6.21mg Peonidin: 5.09mg, Peonidin: 5.09mg, Peonidin: 5.09mg, Peonidin: 5.09mg Catechin: 5.89mg, Catechin: 5.89mg, Catechin: 5.89mg, Catechin: 5.89mg Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg Gallocatechin: 0.12mg, Gallocatechin: 0.12mg, Gallocatechin: 0.12mg, Gallocatechin: 0.12mg

Nutrients (% of daily need)

Calories: 433.92kcal (21.7%), Fat: 18.39g (28.29%), Saturated Fat: 2.28g (14.24%), Carbohydrates: 52.8g (17.6%), Net Carbohydrates: 44.39g (16.14%), Sugar: 24.88g (27.65%), Cholesterol: 25mg (8.33%), Sodium: 36.95mg (1.61%), Protein: 21.76g (43.51%), Manganese: 1.89mg (94.62%), Fiber: 8.41g (33.64%), Vitamin C: 27.34mg (33.14%), Magnesium: 126.12mg (31.53%), Phosphorus: 298.45mg (29.85%), Copper: 0.52mg (26.03%), Iron: 3.79mg (21.06%), Vitamin B6: 0.4mg (19.85%), Vitamin B1: 0.29mg (19.19%), Potassium: 666.24mg (19.04%), Folate: 64.41µg (16.1%),

Vitamin K: 15.55µg (14.81%), Vitamin E: 1.91mg (12.7%), Zinc: 1.84mg (12.3%), Selenium: 8.37µg (11.96%), Calcium: 112.8mg (11.28%), Vitamin B2: 0.17mg (9.91%), Vitamin B3: 1.53mg (7.66%), Vitamin B5: 0.75mg (7.51%), Vitamin A: 97.06IU (1.94%)