



Blackberry-Banana Slim-Down Smoothie



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



2

CALORIES



223 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 1 small banana sliced
- ☐ 2 cups blackberries frozen
- ☐ 1 tablespoon honey
- ☐ 2 tablespoons juice of lemon
- ☐ 1 teaspoon lemon zest grated
- ☐ 0.5 cup coconut milk light
- ☐ 0.5 cup yogurt plain low-fat

Equipment

blender

Directions

Process blackberries, banana, coconut milk, yogurt, lemon juice, honey, and lemon zest in a blender until smooth. Divide the mixture evenly into 2 chilled glasses, and serve.

Nutrition Facts



Properties

Glycemic Index:66.03, Glycemic Load:11.65, Inflammation Score:-7, Nutrition Score:15.21434788082%

Flavonoids

Cyanidin: 143.93mg, Cyanidin: 143.93mg, Cyanidin: 143.93mg, Cyanidin: 143.93mg Pelargonidin: 0.65mg, Pelargonidin: 0.65mg, Pelargonidin: 0.65mg, Pelargonidin: 0.65mg Peonidin: 0.3mg, Peonidin: 0.3mg, Peonidin: 0.3mg, Peonidin: 0.3mg Catechin: 56.45mg, Catechin: 56.45mg, Catechin: 56.45mg, Catechin: 56.45mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 6.72mg, Epicatechin: 6.72mg, Epicatechin: 6.72mg, Epicatechin: 6.72mg Epigallocatechin 3-gallate: 0.98mg, Epigallocatechin 3-gallate: 0.98mg, Epigallocatechin 3-gallate: 0.98mg, Epigallocatechin 3-gallate: 0.98mg Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.97mg, Myricetin: 0.97mg, Myricetin: 0.97mg, Myricetin: 0.97mg Quercetin: 5.24mg, Quercetin: 5.24mg, Quercetin: 5.24mg, Quercetin: 5.24mg

Nutrients (% of daily need)

Calories: 222.81kcal (11.14%), Fat: 5.19g (7.99%), Saturated Fat: 4.03g (25.16%), Carbohydrates: 41.18g (13.73%), Net Carbohydrates: 32.06g (11.66%), Sugar: 26.54g (29.49%), Cholesterol: 3.67mg (1.23%), Sodium: 87.11mg (3.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.87g (11.73%), Manganese: 1.08mg (53.96%), Vitamin C: 42.27mg (51.24%), Fiber: 9.12g (36.47%), Vitamin K: 28.89µg (27.51%), Potassium: 579.91mg (16.57%), Calcium: 159.24mg (15.92%), Copper: 0.29mg (14.6%), Folate: 56.18µg (14.04%), Magnesium: 54.11mg (13.53%), Vitamin B6: 0.27mg (13.48%), Phosphorus: 132.73mg (13.27%), Vitamin B2: 0.21mg (12.5%), Vitamin E: 1.78mg (11.86%), Vitamin B5: 0.96mg (9.58%), Zinc: 1.42mg (9.45%), Vitamin A: 373.12IU (7.46%), Vitamin B3: 1.37mg (6.83%), Iron: 1.14mg (6.32%), Vitamin B12: 0.34µg (5.72%), Vitamin B1: 0.08mg (5.04%), Selenium: 3.21µg (4.58%)