



Blackberry-Mango Breakfast Shake



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



162 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1.5 cups blackberries frozen
- ☐ 3 tablespoons honey
- ☐ 1 cup mangos refrigerated (such as Del Monte)
- ☐ 1 cup orange juice
- ☐ 6.5 ounces spicy tofu low-fat soft (such as Silken)

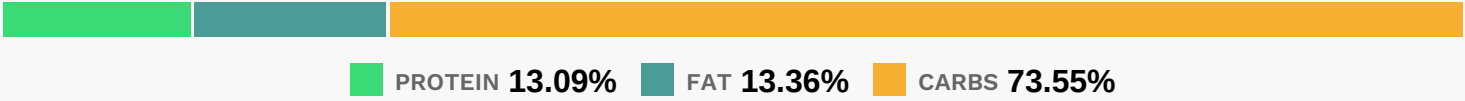
Equipment

- ☐ blender

Directions

☐ Combine all ingredients in a blender; process until smooth.

Nutrition Facts



Properties

Glycemic Index:49.01, Glycemic Load:13.6, Inflammation Score:-7, Nutrition Score:9.3569566970286%

Flavonoids

Cyanidin: 54.01mg, Cyanidin: 54.01mg, Cyanidin: 54.01mg, Cyanidin: 54.01mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.25mg, Pelargonidin: 0.25mg, Pelargonidin: 0.25mg, Pelargonidin: 0.25mg Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg Catechin: 20.72mg, Catechin: 20.72mg, Catechin: 20.72mg, Catechin: 20.72mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 2.52mg, Epicatechin: 2.52mg, Epicatechin: 2.52mg, Epicatechin: 2.52mg Epigallocatechin 3–gallate: 0.37mg, Epigallocatechin 3–gallate: 0.37mg, Epigallocatechin 3–gallate: 0.37mg, Epigallocatechin 3–gallate: 0.37mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg

Nutrients (% of daily need)

Calories: 162.45kcal (8.12%), Fat: 2.57g (3.96%), Saturated Fat: 0.29g (1.82%), Carbohydrates: 31.86g (10.62%), Net Carbohydrates: 27.82g (10.12%), Sugar: 26.56g (29.51%), Cholesterol: 0mg (0%), Sodium: 4.05mg (0.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.67g (11.34%), Vitamin C: 57.43mg (69.62%), Manganese: 0.4mg (19.81%), Fiber: 4.05g (16.18%), Vitamin A: 685.89IU (13.72%), Folate: 50.15µg (12.54%), Vitamin K: 12.49µg (11.89%), Calcium: 85.55mg (8.55%), Copper: 0.17mg (8.39%), Potassium: 288.97mg (8.26%), Vitamin E: 1.03mg (6.85%), Iron: 1.14mg (6.35%), Magnesium: 22.06mg (5.51%), Vitamin B1: 0.08mg (5.21%), Vitamin B6: 0.09mg (4.69%), Vitamin B3: 0.89mg (4.46%), Vitamin B5: 0.36mg (3.59%), Vitamin B2: 0.05mg (3.19%), Phosphorus: 28.83mg (2.88%), Zinc: 0.39mg (2.59%)