



Blackberry-Mango Breakfast Shake



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



148 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1.5 cups blackberries frozen
- ☐ 3 tablespoons honey
- ☐ 1 cup mangos refrigerated
- ☐ 1 cup orange juice
- ☐ 0.8 cup silken tofu light firm

Equipment

- ☐ blender

Directions

☐ Place all ingredients in a blender in the order given; process until smooth.

Nutrition Facts



Properties

Glycemic Index:45.26, Glycemic Load:13.5, Inflammation Score:-7, Nutrition Score:9.9039131428884%

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: 148.15kcal (7.41%), Fat: 1.74g (2.68%), Saturated Fat: 0.22g (1.37%), Carbohydrates: 32.09g (10.7%), Net Carbohydrates: 28.37g (10.32%), Sugar: 27.01g (30.01%), Cholesterol: 0mg (0%), Sodium: 4.42mg (0.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.7g (7.4%), Vitamin C: 57.43mg (69.62%), Manganese: 0.4mg (19.81%), Fiber: 3.72g (14.89%), Vitamin A: 685.89IU (13.72%), Copper: 0.26mg (12.98%), Folate: 50.15µg (12.54%), Vitamin K: 12.49µg (11.89%), Potassium: 368.82mg (10.54%), Magnesium: 34.92mg (8.73%), Vitamin B1: 0.12mg (8.17%), Vitamin E: 1.03mg (6.85%), Phosphorus: 56.33mg (5.63%), Iron: 0.95mg (5.3%), Vitamin B3: 1.02mg (5.12%), Vitamin B6: 0.1mg (4.94%), Vitamin B2: 0.07mg (4.24%), Calcium: 41.71mg (4.17%), Zinc: 0.62mg (4.13%), Vitamin B5: 0.36mg (3.59%)