



Blackberry-Peach Smoothie with Walnuts

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



253 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 1 cup blackberries
- 0.3 cup honey
- 2 tablespoons juice of lemon fresh
- 1 cup orange juice
- 2 cups peaches frozen sliced
- 4 ounces silken tofu soft chopped
- 2 tablespoons walnuts chopped

Equipment

blender

Directions

Place peaches and next 5 ingredients (through lemon juice) in a blender; process until smooth. Top with walnuts.

Nutrition Facts



Properties

Glycemic Index:63.17, Glycemic Load:20.69, Inflammation Score:-7, Nutrition Score:12.47956528871%

Flavonoids

Cyanidin: 50.13mg, Cyanidin: 50.13mg, Cyanidin: 50.13mg, Cyanidin: 50.13mg Pelargonidin: 0.22mg, Pelargonidin: 0.22mg, Pelargonidin: 0.22mg, Pelargonidin: 0.22mg Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg Catechin: 22.84mg, Catechin: 22.84mg, Catechin: 22.84mg, Catechin: 22.84mg Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg Epicatechin: 4.64mg, Epicatechin: 4.64mg, Epicatechin: 4.64mg, Epicatechin: 4.64mg Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Hesperetin: 11.33mg, Hesperetin: 11.33mg, Hesperetin: 11.33mg, Hesperetin: 11.33mg Naringenin: 1.91mg, Naringenin: 1.91mg, Naringenin: 1.91mg, Naringenin: 1.91mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 2.64mg, Quercetin: 2.64mg, Quercetin: 2.64mg, Quercetin: 2.64mg

Nutrients (% of daily need)

Calories: 253.43kcal (12.67%), Fat: 6.07g (9.34%), Saturated Fat: 0.59g (3.71%), Carbohydrates: 49.56g (16.52%), Net Carbohydrates: 44.74g (16.27%), Sugar: 42.01g (46.68%), Cholesterol: 0mg (0%), Sodium: 17.91mg (0.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.13g (10.26%), Vitamin C: 59.72mg (72.39%), Manganese: 0.64mg (31.78%), Copper: 0.39mg (19.58%), Fiber: 4.82g (19.28%), Potassium: 490.78mg (14.02%), Folate: 52.06µg (13.01%), Magnesium: 49.57mg (12.39%), Vitamin K: 12.85µg (12.23%), Vitamin A: 604.68IU (12.09%), Vitamin B1: 0.17mg (11.44%), Phosphorus: 95.63mg (9.56%), Vitamin E: 1.41mg (9.37%), Vitamin B3: 1.7mg (8.5%), Iron: 1.44mg (8.01%), Zinc: 1mg (6.68%), Vitamin B2: 0.11mg (6.26%), Vitamin B6: 0.12mg (6.22%), Vitamin B5: 0.52mg (5.17%), Calcium: 47.67mg (4.77%), Selenium: 2.99µg (4.28%)