



Blackberry Smoothie



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



251 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 1 cup apple juice
- ☐ 1 large banana ripe
- ☐ 2 cups blackberries fresh
- ☐ 1 cup yogurt plain fat-free
- ☐ 0.3 cup honey

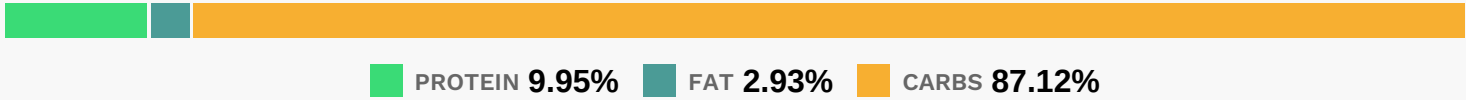
Equipment

- ☐ sieve
- ☐ blender

Directions

☐ Combine all ingredients in a blender; process until smooth. Strain blackberry mixture through a sieve; discard seeds.

Nutrition Facts



Properties

Glycemic Index:57.6, Glycemic Load:21.93, Inflammation Score:-6, Nutrition Score:13.021304462267%

Flavonoids

Cyanidin: 95.97mg, Cyanidin: 95.97mg, Cyanidin: 95.97mg, Cyanidin: 95.97mg Pelargonidin: 0.43mg, Pelargonidin: 0.43mg, Pelargonidin: 0.43mg, Pelargonidin: 0.43mg Peonidin: 0.2mg, Peonidin: 0.2mg, Peonidin: 0.2mg, Peonidin: 0.2mg Catechin: 39.38mg, Catechin: 39.38mg, Catechin: 39.38mg, Catechin: 39.38mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 8.38mg, Epicatechin: 8.38mg, Epicatechin: 8.38mg, Epicatechin: 8.38mg Epigallocatechin 3-gallate: 0.65mg, Epigallocatechin 3-gallate: 0.65mg, Epigallocatechin 3-gallate: 0.65mg, Epigallocatechin 3-gallate: 0.65mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg Quercetin: 3.94mg, Quercetin: 3.94mg, Quercetin: 3.94mg, Quercetin: 3.94mg

Nutrients (% of daily need)

Calories: 251.27kcal (12.56%), Fat: 0.87g (1.35%), Saturated Fat: 0.18g (1.11%), Carbohydrates: 58.45g (19.48%), Net Carbohydrates: 51.96g (18.9%), Sugar: 47.63g (52.93%), Cholesterol: 1.63mg (0.54%), Sodium: 68.73mg (2.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.68g (13.35%), Manganese: 0.83mg (41.52%), Vitamin C: 25.72mg (31.18%), Fiber: 6.49g (25.95%), Calcium: 200.93mg (20.09%), Vitamin K: 19.4µg (18.47%), Potassium: 624.25mg (17.84%), Phosphorus: 166.23mg (16.62%), Vitamin B2: 0.27mg (16.11%), Vitamin B6: 0.26mg (13.01%), Magnesium: 51.65mg (12.91%), Copper: 0.23mg (11.31%), Folate: 43.43µg (10.86%), Vitamin B5: 1mg (10%), Zinc: 1.45mg (9.65%), Vitamin B12: 0.5µg (8.3%), Vitamin E: 1.18mg (7.85%), Vitamin B1: 0.09mg (5.99%), Selenium: 4.09µg (5.84%), Vitamin B3: 1.12mg (5.59%), Iron: 1mg (5.58%), Vitamin A: 241IU (4.82%)