

Blue Virgin

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



242 kcal

SIDE DISH

Ingredients

- 2 tablespoons açai juice chilled (such as Sambazon)
- 1 tablespoons agave nectar
- 0.8 cup blueberries wild frozen
- 1 serving blueberries
- 1 serving jell-o brand lime flavor gelatin
- 2 tablespoons juice of lime fresh

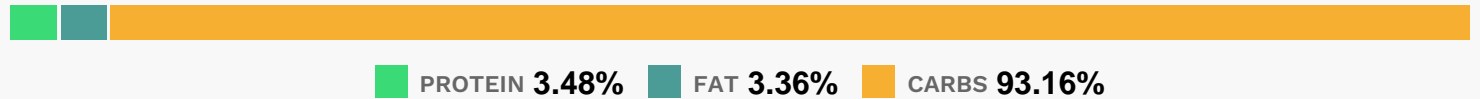
Equipment

- blender

Directions

- Place 3/4 cup frozen wild blueberries, chilled aa juice, fresh lime juice, and agave nectar in a blender; process until smooth.
- Pour into a tall chilled glass; top with a splash of lime-flavored seltzer.
- Garnish with blueberries and lime.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:95, Glycemic Load:14.94, Inflammation Score:-7, Nutrition Score:11.357391212298%

Flavonoids

Cyanidin: 21.91mg, Cyanidin: 21.91mg, Cyanidin: 21.91mg, Cyanidin: 21.91mg Petunidin: 81.66mg, Petunidin: 81.66mg, Petunidin: 81.66mg, Petunidin: 81.66mg Delphinidin: 91.76mg, Delphinidin: 91.76mg, Delphinidin: 91.76mg, Delphinidin: 91.76mg Malvidin: 175.06mg, Malvidin: 175.06mg, Malvidin: 175.06mg, Malvidin: 175.06mg Peonidin: 52.55mg, Peonidin: 52.55mg, Peonidin: 52.55mg, Peonidin: 52.55mg Catechin: 13.7mg, Catechin: 13.7mg, Catechin: 13.7mg, Catechin: 13.7mg Epigallocatechin: 1.71mg, Epigallocatechin: 1.71mg, Epigallocatechin: 1.71mg, Epigallocatechin: 1.71mg Epicatechin: 1.61mg, Epicatechin: 1.61mg, Epicatechin: 1.61mg, Epicatechin: 1.61mg Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Kaempferol: 4.3mg, Kaempferol: 4.3mg, Kaempferol: 4.3mg, Kaempferol: 4.3mg Myricetin: 3.37mg, Myricetin: 3.37mg, Myricetin: 3.37mg, Myricetin: 3.37mg Quercetin: 20.02mg, Quercetin: 20.02mg, Quercetin: 20.02mg, Quercetin: 20.02mg Gallocatechin: 0.31mg, Gallocatechin: 0.31mg, Gallocatechin: 0.31mg, Gallocatechin: 0.31mg

Nutrients (% of daily need)

Calories: 241.84kcal (12.09%), Fat: 0.97g (1.49%), Saturated Fat: 0.07g (0.47%), Carbohydrates: 60.59g (20.2%), Net Carbohydrates: 54.21g (19.71%), Sugar: 44.49g (49.44%), Cholesterol: 0mg (0%), Sodium: 9.96mg (0.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.27g (4.53%), Vitamin K: 54.89µg (52.28%), Vitamin C: 38.2mg (46.3%), Manganese: 0.88mg (43.84%), Fiber: 6.38g (25.51%), Vitamin E: 1.75mg (11.65%), Vitamin B6: 0.2mg (9.76%), Vitamin B1: 0.13mg (8.6%), Vitamin B2: 0.15mg (8.57%), Copper: 0.16mg (7.94%), Potassium: 244.97mg (7%), Vitamin B3: 1.27mg (6.35%), Folate: 24.87µg (6.22%), Iron: 0.87mg (4.81%), Magnesium: 18.17mg (4.54%), Vitamin A: 193IU (3.86%), Phosphorus: 36.9mg (3.69%), Vitamin B5: 0.36mg (3.58%), Zinc: 0.44mg (2.94%), Calcium: 27.61mg (2.76%), Selenium: 0.71µg (1.02%)