



HEALTH SCORE

58%

Blueberry and Flaxseed Smoothie



Vegetarian



Vegan



Gluten Free

READY IN



5 min.

SERVINGS



1

CALORIES



760 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 1 serving agave nectar organic
- ☐ 1 banana frozen organic
- ☐ 1 cup blueberries fresh organic (or peaches, raspberries, & strawberries)
- ☐ 1 tablespoon ground flaxseed organic
- ☐ 2 cups pomegranate unsweetened organic
- ☐ 0.5 cup vanilla-flavored soy yogurt plain organic (or 1 cup soy milk)

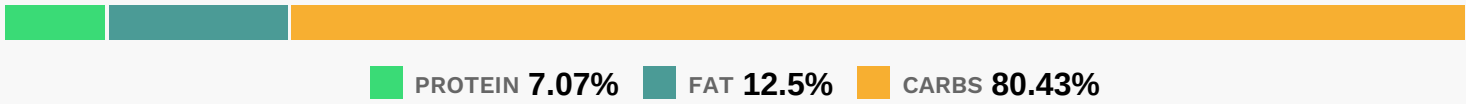
Equipment

- ☐ blender

Directions

☐ Pulse everything in the blender and enjoy.

Nutrition Facts



Properties

Glycemic Index:208.78, Glycemic Load:69.26, Inflammation Score:-9, Nutrition Score:36.600434894147%

Flavonoids

Cyanidin: 12.52mg, Cyanidin: 12.52mg, Cyanidin: 12.52mg, Cyanidin: 12.52mg Petunidin: 46.66mg, Petunidin: 46.66mg, Petunidin: 46.66mg, Petunidin: 46.66mg Delphinidin: 52.44mg, Delphinidin: 52.44mg, Delphinidin: 52.44mg, Delphinidin: 52.44mg Malvidin: 100.03mg, Malvidin: 100.03mg, Malvidin: 100.03mg, Malvidin: 100.03mg Peonidin: 30.03mg, Peonidin: 30.03mg, Peonidin: 30.03mg, Peonidin: 30.03mg Catechin: 16.92mg, Catechin: 16.92mg, Catechin: 16.92mg, Catechin: 16.92mg Epigallocatechin: 1.73mg, Epigallocatechin: 1.73mg, Epigallocatechin: 1.73mg, Epigallocatechin: 1.73mg Epicatechin: 1.32mg, Epicatechin: 1.32mg, Epicatechin: 1.32mg, Epicatechin: 1.32mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 2.59mg, Kaempferol: 2.59mg, Kaempferol: 2.59mg, Kaempferol: 2.59mg Myricetin: 1.94mg, Myricetin: 1.94mg, Myricetin: 1.94mg, Myricetin: 1.94mg Quercetin: 11.42mg, Quercetin: 11.42mg, Quercetin: 11.42mg, Quercetin: 11.42mg Gallocatechin: 0.98mg, Gallocatechin: 0.98mg, Gallocatechin: 0.98mg, Gallocatechin: 0.98mg

Nutrients (% of daily need)

Calories: 759.51kcal (37.98%), Fat: 11.46g (17.63%), Saturated Fat: 1.25g (7.8%), Carbohydrates: 165.91g (55.3%), Net Carbohydrates: 137.96g (50.17%), Sugar: 114.35g (127.06%), Cholesterol: 0mg (0%), Sodium: 34.55mg (1.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.58g (29.16%), Fiber: 27.95g (111.82%), Vitamin C: 91.48mg (110.88%), Vitamin K: 111.78µg (106.46%), Manganese: 1.55mg (77.69%), Folate: 224.68µg (56.17%), Copper: 1.01mg (50.57%), Potassium: 1710.85mg (48.88%), Vitamin B6: 0.95mg (47.36%), Vitamin B1: 0.55mg (36.59%), Magnesium: 125.17mg (31.29%), Vitamin E: 4.03mg (26.85%), Vitamin B2: 0.44mg (26.09%), Phosphorus: 259.21mg (25.92%), Vitamin B5: 2.43mg (24.3%), Calcium: 229.98mg (23%), Zinc: 2.38mg (15.84%), Vitamin B3: 3.15mg (15.75%), Iron: 2.56mg (14.23%), Vitamin D: 1.48µg (9.84%), Selenium: 5.83µg (8.33%), Vitamin A: 155.44IU (3.11%)