



Blueberry Bootlegger

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



2

CALORIES



187 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 7.6 oz blueberries frozen yoplait®
- 0.3 cup rum light
- 1 tablespoon juice of lime
- 0.8 cup milk

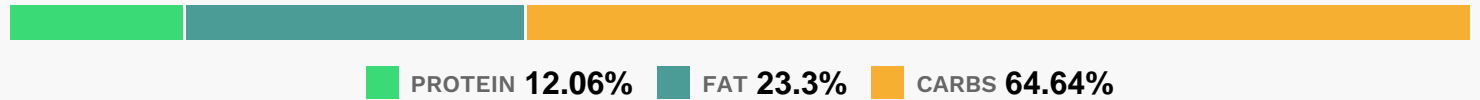
Equipment

- blender

Directions

- In blender, place milk, rum, lime juice and contents of Yoplait Frozen Smoothie bag. Cover; blend on high speed 1 minute to 1 minute 30 seconds, stopping blender to scrape down sides as necessary, until smooth.
- Pour into glasses.

Nutrition Facts



Properties

Glycemic Index:46.5, Glycemic Load:6.84, Inflammation Score:-5, Nutrition Score:7.1943479206251%

Flavonoids

Cyanidin: 9.11mg, Cyanidin: 9.11mg, Cyanidin: 9.11mg, Cyanidin: 9.11mg Petunidin: 33.97mg, Petunidin: 33.97mg, Petunidin: 33.97mg, Petunidin: 33.97mg Delphinidin: 38.17mg, Delphinidin: 38.17mg, Delphinidin: 38.17mg, Delphinidin: 38.17mg Malvidin: 72.81mg, Malvidin: 72.81mg, Malvidin: 72.81mg, Malvidin: 72.81mg Peonidin: 21.86mg, Peonidin: 21.86mg, Peonidin: 21.86mg, Peonidin: 21.86mg Catechin: 5.7mg, Catechin: 5.7mg, Catechin: 5.7mg, Catechin: 5.7mg Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg Epicatechin: 0.67mg, Epicatechin: 0.67mg, Epicatechin: 0.67mg, Epicatechin: 0.67mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 1.79mg, Kaempferol: 1.79mg, Kaempferol: 1.79mg, Kaempferol: 1.79mg Myricetin: 1.4mg, Myricetin: 1.4mg, Myricetin: 1.4mg, Myricetin: 1.4mg Quercetin: 8.3mg, Quercetin: 8.3mg, Quercetin: 8.3mg, Quercetin: 8.3mg Gallocatechin: 0.13mg, Gallocatechin: 0.13mg, Gallocatechin: 0.13mg, Gallocatechin: 0.13mg

Nutrients (% of daily need)

Calories: 187.48kcal (9.37%), Fat: 3.29g (5.06%), Saturated Fat: 1.73g (10.83%), Carbohydrates: 20.53g (6.84%), Net Carbohydrates: 17.91g (6.51%), Sugar: 15.26g (16.95%), Cholesterol: 10.98mg (3.66%), Sodium: 36.3mg (1.58%), Alcohol: 10.02g (100%), Alcohol %: 5.36% (100%), Protein: 3.83g (7.66%), Vitamin K: 21.11µg (20.11%), Manganese: 0.37mg (18.62%), Vitamin C: 12.7mg (15.39%), Calcium: 120.06mg (12.01%), Phosphorus: 107.59mg (10.76%), Fiber: 2.62g (10.46%), Vitamin B2: 0.17mg (10.16%), Vitamin B12: 0.49µg (8.23%), Vitamin D: 1.01µg (6.71%), Potassium: 229.58mg (6.56%), Vitamin B1: 0.09mg (6.32%), Vitamin B6: 0.12mg (5.75%), Vitamin B5: 0.48mg (4.84%), Vitamin E: 0.68mg (4.51%), Magnesium: 18.04mg (4.51%), Vitamin A: 210.15IU (4.2%), Zinc: 0.57mg (3.77%), Copper: 0.07mg (3.53%), Vitamin B3: 0.56mg (2.8%), Selenium: 1.85µg (2.65%), Folate: 7.21µg (1.8%), Iron: 0.32mg (1.78%)