



Blueberry Cheesecake Smoothie

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



2

CALORIES



274 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 1 cup blueberries
- 3 oz philadelphia cream cheese cubed
- 0.5 cup ice cubes
- 0.5 cup milk
- 2 Tbsp sugar

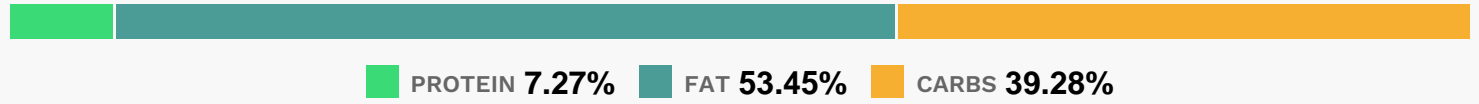
Equipment

- blender

Directions

- Blend first 4 ingredients in blender until smooth.
- Add ice; blend until thickened.
- Serve immediately

Nutrition Facts



Properties

Glycemic Index:87.55, Glycemic Load:13.68, Inflammation Score:-6, Nutrition Score:6.7717391408008%

Flavonoids

Cyanidin: 6.26mg, Cyanidin: 6.26mg, Cyanidin: 6.26mg, Cyanidin: 6.26mg Petunidin: 23.33mg, Petunidin: 23.33mg, Petunidin: 23.33mg, Petunidin: 23.33mg Delphinidin: 26.22mg, Delphinidin: 26.22mg, Delphinidin: 26.22mg, Delphinidin: 26.22mg Malvidin: 50.02mg, Malvidin: 50.02mg, Malvidin: 50.02mg, Malvidin: 50.02mg Peonidin: 15.01mg, Peonidin: 15.01mg, Peonidin: 15.01mg, Peonidin: 15.01mg Catechin: 3.91mg, Catechin: 3.91mg, Catechin: 3.91mg, Catechin: 3.91mg Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 273.82kcal (13.69%), Fat: 16.86g (25.94%), Saturated Fat: 9.75g (60.91%), Carbohydrates: 27.88g (9.29%), Net Carbohydrates: 26.1g (9.49%), Sugar: 23.88g (26.53%), Cholesterol: 50.27mg (16.76%), Sodium: 160.52mg (6.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.16g (10.33%), Vitamin K: 15.36µg (14.63%), Vitamin A: 709.88IU (14.2%), Manganese: 0.26mg (12.81%), Vitamin B2: 0.21mg (12.62%), Calcium: 122.61mg (12.26%), Phosphorus: 115.99mg (11.6%), Vitamin C: 7.18mg (8.7%), Fiber: 1.78g (7.1%), Selenium: 4.96µg (7.09%), Vitamin B12: 0.42µg (7.05%), Potassium: 204.85mg (5.85%), Vitamin B5: 0.56mg (5.62%), Vitamin E: 0.82mg (5.45%), Vitamin B6: 0.1mg (4.98%), Vitamin B1: 0.07mg (4.75%), Vitamin D: 0.67µg (4.47%), Magnesium: 16.18mg (4.04%), Zinc: 0.59mg (3.92%), Copper: 0.06mg (3.04%), Folate: 8.27µg (2.07%), Vitamin B3: 0.41mg (2.06%), Iron: 0.26mg (1.44%)