



## Blueberry-Lemon Shake

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



289 kcal

BEVERAGE

DRINK

### Ingredients

- 3 cups blueberries frozen
- 1.5 cups buttermilk
- 2 tablespoons juice of lemon
- 0.5 teaspoon lemon zest grated
- 0.5 cup sugar

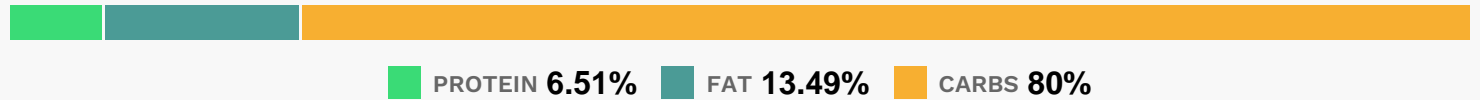
### Equipment

- blender

## Directions

- In a blender, whirl 3 cups frozen blueberries, 1 1/2 cups buttermilk, 1/2 cup sugar, 1/2 teaspoon grated lemon peel, and 2 tablespoons lemon juice until smoothly pured.
- Pour into glasses to serve.
- Nutritional analysis per cup.

## Nutrition Facts



## Properties

Glycemic Index:47.03, Glycemic Load:32.25, Inflammation Score:-6, Nutrition Score:9.8443478294041%

## 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: 7.83mg, Catechin: 7.83mg, Catechin: 7.83mg, Catechin: 7.83mg Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg Epicatechin: 0.92mg, Epicatechin: 0.92mg, Epicatechin: 0.92mg, Epicatechin: 0.92mg Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 2.46mg, Kaempferol: 2.46mg, Kaempferol: 2.46mg, Kaempferol: 2.46mg Myricetin: 1.93mg, Myricetin: 1.93mg, Myricetin: 1.93mg, Myricetin: 1.93mg Quercetin: 11.39mg, Quercetin: 11.39mg, Quercetin: 11.39mg, Quercetin: 11.39mg Gallocatechin: 0.18mg, Gallocatechin: 0.18mg, Gallocatechin: 0.18mg, Gallocatechin: 0.18mg

## Nutrients (% of daily need)

Calories: 289.45kcal (14.47%), Fat: 4.59g (7.06%), Saturated Fat: 2.33g (14.53%), Carbohydrates: 61.26g (20.42%), Net Carbohydrates: 57.64g (20.96%), Sugar: 54.13g (60.14%), Cholesterol: 13.2mg (4.4%), Sodium: 127.93mg (5.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.99g (9.97%), Vitamin K: 28.92µg (27.55%), Manganese: 0.5mg (25.23%), Vitamin C: 18.66mg (22.61%), Vitamin B2: 0.28mg (16.19%), Calcium: 148.26mg (14.83%), Fiber: 3.62g (14.47%), Phosphorus: 120.6mg (12.06%), Vitamin D: 1.56µg (10.4%), Vitamin B12: 0.55µg (9.2%), Potassium: 287.46mg (8.21%), Vitamin B1: 0.11mg (7.58%), Selenium: 4.8µg (6.86%), Vitamin B5: 0.65mg (6.54%), Vitamin E: 0.94mg (6.29%), Vitamin B6: 0.13mg (6.27%), Copper: 0.12mg (5.93%), Vitamin A: 278.69IU (5.57%), Magnesium: 21.53mg (5.38%), Zinc: 0.7mg (4.68%), Folate: 16.92µg (4.23%), Vitamin B3: 0.74mg (3.69%), Iron: 0.48mg (2.65%)