



Blueberry-Lemon Smoothie

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



5

CALORIES



162 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 0.5 cup blueberries
- 0.5 cup cool whip free whipped topping thawed
- 0.5 cup ice cubes
- 0.8 cup crystal lemonade flavor drink light prepared
- 2 Tbsp sure-jell for less or no sugar needed recipes premium fruit pectin

Equipment

- blender

Directions

- Blend all ingredients in blender on high speed until smooth.
- Serve immediately.

Nutrition Facts

PROTEIN 0.81% FAT 4.08% CARBS 95.11%

Properties

Glycemic Index:8, Glycemic Load:0.72, Inflammation Score:-4, Nutrition Score:3.0160869087862%

Flavonoids

Cyanidin: 1.25mg, Cyanidin: 1.25mg, Cyanidin: 1.25mg, Cyanidin: 1.25mg Petunidin: 4.67mg, Petunidin: 4.67mg, Petunidin: 4.67mg, Petunidin: 4.67mg Delphinidin: 5.24mg, Delphinidin: 5.24mg, Delphinidin: 5.24mg, Delphinidin: 5.24mg Malvidin: 10mg, Malvidin: 10mg, Malvidin: 10mg, Malvidin: 10mg Peonidin: 3mg, Peonidin: 3mg, Peonidin: 3mg, Peonidin: 3mg Catechin: 0.78mg, Catechin: 0.78mg, Catechin: 0.78mg, Catechin: 0.78mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 162.43kcal (8.12%), Fat: 0.78g (1.21%), Saturated Fat: 0.22g (1.39%), Carbohydrates: 41.16g (13.72%), Net Carbohydrates: 40.14g (14.59%), Sugar: 33.64g (37.38%), Cholesterol: 1.2mg (0.4%), Sodium: 35.23mg (1.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.35g (0.7%), Magnesium: 82.55mg (20.64%), Vitamin C: 14.48mg (17.56%), Fiber: 1.02g (4.1%), Vitamin B2: 0.06mg (3.3%), Manganese: 0.06mg (2.95%), Vitamin K: 2.88µg (2.74%), Copper: 0.05mg (2.66%), Potassium: 67.98mg (1.94%), Vitamin B12: 0.11µg (1.85%), Calcium: 16.65mg (1.67%), Iron: 0.27mg (1.48%), Vitamin B1: 0.02mg (1.46%), Vitamin B6: 0.03mg (1.3%), Folate: 4.18µg (1.05%)