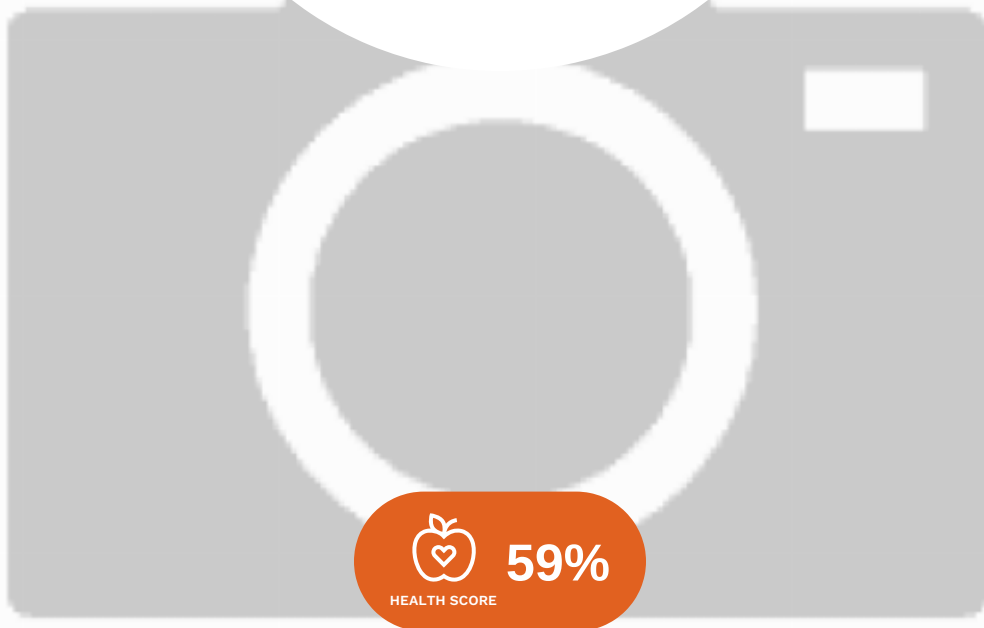




Blueberry Mint Smoothie



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



10 min.

SERVINGS



2

CALORIES



290 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients



1 avocado pitted peeled



2 cups blueberries frozen



1 cup mint leaves fresh



2 teaspoons juice of lemon



0.5 cup orange juice



1 cup water

Equipment

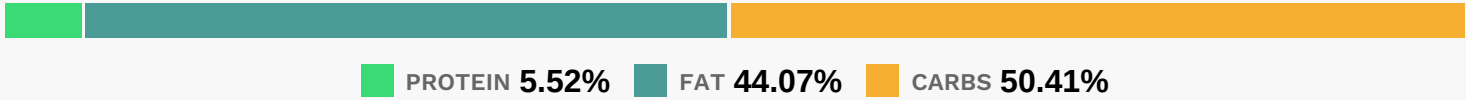


blender

Directions

 Blend blueberries, water, mint leaves, avocado, orange juice, and lemon juice in a blender until smooth.

Nutrition Facts



Properties

Glycemic Index:66, Glycemic Load:11.19, Inflammation Score:-9, Nutrition Score:20.924782623415%

Flavonoids

Cyanidin: 12.85mg, Cyanidin: 12.85mg, Cyanidin: 12.85mg, Cyanidin: 12.85mg 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: 1.29mg, Epicatechin: 1.29mg, Epicatechin: 1.29mg, Epicatechin: 1.29mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 7.31mg, Eriodictyol: 7.31mg, Eriodictyol: 7.31mg, Eriodictyol: 7.31mg Hesperetin: 10.42mg, Hesperetin: 10.42mg, Hesperetin: 10.42mg, Hesperetin: 10.42mg Naringenin: 1.4mg, Naringenin: 1.4mg, Naringenin: 1.4mg, Naringenin: 1.4mg Apigenin: 1.21mg, Apigenin: 1.21mg, Apigenin: 1.21mg, Apigenin: 1.21mg Luteolin: 3.14mg, Luteolin: 3.14mg, Luteolin: 3.14mg, Luteolin: 3.14mg Kaempferol: 2.46mg, Kaempferol: 2.46mg, Kaempferol: 2.46mg, Kaempferol: 2.46mg Myricetin: 1.96mg, Myricetin: 1.96mg, Myricetin: 1.96mg, Myricetin: 1.96mg Quercetin: 11.53mg, Quercetin: 11.53mg, Quercetin: 11.53mg, Quercetin: 11.53mg Gallocatechin: 0.18mg, Gallocatechin: 0.18mg, Gallocatechin: 0.18mg, Gallocatechin: 0.18mg

Nutrients (% of daily need)

Calories: 289.91kcal (14.5%), Fat: 15.61g (24.01%), Saturated Fat: 2.25g (14.09%), Carbohydrates: 40.18g (13.39%), Net Carbohydrates: 27.95g (10.16%), Sugar: 20.74g (23.04%), Cholesterol: 0mg (0%), Sodium: 22.07mg (0.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.4g (8.8%), Vitamin C: 64.5mg (78.18%), Fiber: 12.22g (48.9%), Vitamin K: 49.73µg (47.36%), Manganese: 0.91mg (45.69%), Folate: 135.54µg (33.88%), Vitamin A: 1306.75IU (26.14%), Potassium: 858.56mg (24.53%), Copper: 0.4mg (19.82%), Vitamin E: 2.96mg (19.71%), Vitamin B6: 0.39mg (19.57%), Vitamin B5: 1.78mg (17.8%), Magnesium: 64.33mg (16.08%), Vitamin B2: 0.27mg (15.91%), Vitamin B3: 3mg (15.02%), Vitamin B1: 0.2mg (13.17%), Iron: 2.24mg (12.43%), Phosphorus: 97.39mg (9.74%), Calcium: 86.28mg (8.63%), Zinc: 1.18mg (7.83%)