



## Blueberry Orange Smoothies

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



2

CALORIES



123 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

### Ingredients

- ☐ 1 cup blueberries frozen
- ☐ 0.5 cup orange juice
- ☐ 1 teaspoon orange zest grated
- ☐ 6 oz greek yogurt fat free

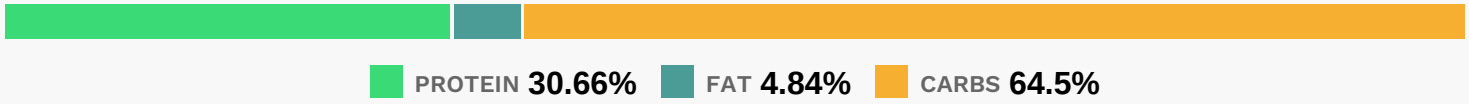
### Equipment

- ☐ blender

# Directions

- ☐ In blender, place blueberries, orange juice, orange peel and yogurt. Cover; blend on high speed about one minute or until smooth.
- ☐ Pour into 2 glasses; serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:46, Glycemic Load:6.87, Inflammation Score:-5, Nutrition Score:8.9539129112078%

## 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 Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg 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: 0.99mg, Myricetin: 0.99mg, Myricetin: 0.99mg, Myricetin: 0.99mg Quercetin: 5.83mg, Quercetin: 5.83mg, Quercetin: 5.83mg, Quercetin: 5.83mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

## Nutrients (% of daily need)

Calories: 122.93kcal (6.15%), Fat: 0.68g (1.05%), Saturated Fat: 0.13g (0.8%), Carbohydrates: 20.52g (6.84%), Net Carbohydrates: 18.52g (6.73%), Sugar: 15.36g (17.07%), Cholesterol: 4.25mg (1.42%), Sodium: 32.01mg (1.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.76g (19.51%), Vitamin C: 39.54mg (47.92%), Vitamin B2: 0.29mg (16.99%), Vitamin K: 14.34µg (13.66%), Phosphorus: 135.3mg (13.53%), Manganese: 0.26mg (13.25%), Selenium: 8.57µg (12.24%), Calcium: 107.27mg (10.73%), Vitamin B12: 0.6µg (9.92%), Potassium: 303.02mg (8.66%), Fiber: 2.01g (8.02%), Folate: 29.29µg (7.32%), Vitamin B1: 0.1mg (6.87%), Vitamin B6: 0.12mg (5.97%), Magnesium: 20.84mg (5.21%), Vitamin B5: 0.5mg (4.96%), Copper: 0.08mg (4.24%), Zinc: 0.6mg (4.02%), Vitamin B3: 0.75mg (3.73%), Vitamin A: 171.56IU (3.43%), Vitamin E: 0.46mg (3.05%), Iron: 0.4mg (2.22%)