

Blueberry-Passion Fruit Smoothie

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



150 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 1 banana ripe cut into 4 pieces
- ☐ 12 ounce blueberries frozen
- ☐ 1 cup yogurt plain fat-free
- ☐ 2 teaspoons honey
- ☐ 0.5 cup ice cubes
- ☐ 0.5 cup passion fruit nectar
- ☐ 1.5 teaspoons wheat germ toasted

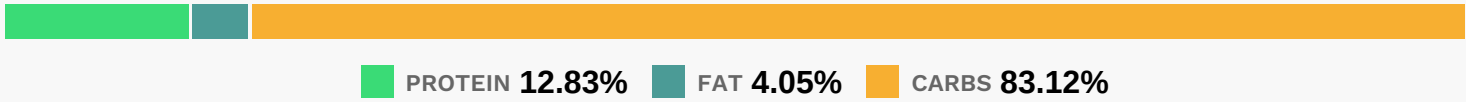
Equipment

blender

Directions

Place all ingredients in a blender, and process until smooth.

Nutrition Facts



Properties

Glycemic Index:44.26, Glycemic Load:10.03, Inflammation Score:-6, Nutrition Score:9.5913043333137%

Flavonoids

Cyanidin: 7.2mg, Cyanidin: 7.2mg, Cyanidin: 7.2mg, Cyanidin: 7.2mg Petunidin: 26.82mg, Petunidin: 26.82mg, Petunidin: 26.82mg, Petunidin: 26.82mg Delphinidin: 30.13mg, Delphinidin: 30.13mg, Delphinidin: 30.13mg, Delphinidin: 30.13mg Malvidin: 57.48mg, Malvidin: 57.48mg, Malvidin: 57.48mg, Malvidin: 57.48mg Peonidin: 17.26mg, Peonidin: 17.26mg, Peonidin: 17.26mg, Peonidin: 17.26mg Catechin: 6.3mg, Catechin: 6.3mg, Catechin: 6.3mg, Catechin: 6.3mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg Quercetin: 6.54mg, Quercetin: 6.54mg, Quercetin: 6.54mg, Quercetin: 6.54mg Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg

Nutrients (% of daily need)

Calories: 149.64kcal (7.48%), Fat: 0.73g (1.12%), Saturated Fat: 0.15g (0.95%), Carbohydrates: 33.74g (11.25%), Net Carbohydrates: 27.81g (10.11%), Sugar: 22.95g (25.5%), Cholesterol: 1.23mg (0.41%), Sodium: 58.23mg (2.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.21g (10.41%), Vitamin C: 20.24mg (24.53%), Fiber: 5.93g (23.73%), Manganese: 0.42mg (21.06%), Vitamin K: 16.89µg (16.09%), Vitamin B2: 0.24mg (14.19%), Phosphorus: 136.22mg (13.62%), Calcium: 133.25mg (13.32%), Potassium: 435.11mg (12.43%), Vitamin B6: 0.22mg (11.01%), Vitamin A: 444.33IU (8.89%), Magnesium: 34.52mg (8.63%), Vitamin B12: 0.37µg (6.23%), Vitamin B5: 0.61mg (6.07%), Folate: 23.61µg (5.9%), Copper: 0.12mg (5.75%), Zinc: 0.86mg (5.74%), Vitamin B3: 1.1mg (5.5%), Vitamin B1: 0.08mg (5.14%), Iron: 0.88mg (4.89%), Selenium: 3.09µg (4.41%), Vitamin E: 0.52mg (3.47%)