



Blueberry-Pomegranate Smoothie

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



128 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 2 cups blueberries frozen
- ☐ 1 tablespoon honey
- ☐ 1 cup pomegranate juice 100% chilled
- ☐ 6 ounce vanilla yogurt fat-free

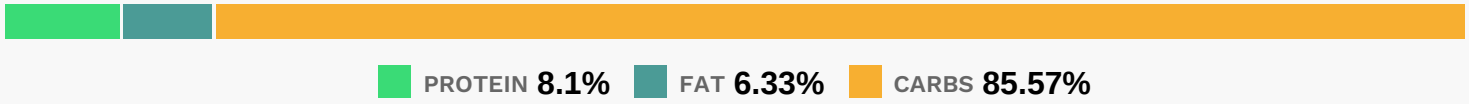
Equipment

- ☐ blender

Directions

- ☐
- Place all ingredients in a blender; process until smooth.
- ☐
- To your Health Smoothies like this, with protein and honey, make an ideal post-workout drink--the combo helps your muscles recover after exercise.

Nutrition Facts



Properties

Glycemic Index:23.07, Glycemic Load:5.84, Inflammation Score:-3, Nutrition Score:5.6604348006456%

Flavonoids

Cyanidin: 7.75mg, Cyanidin: 7.75mg, Cyanidin: 7.75mg, Cyanidin: 7.75mg Petunidin: 23.33mg, Petunidin: 23.33mg, Petunidin: 23.33mg, Petunidin: 23.33mg Delphinidin: 26.72mg, Delphinidin: 26.72mg, Delphinidin: 26.72mg, Delphinidin: 26.72mg Malvidin: 50.02mg, Malvidin: 50.02mg, Malvidin: 50.02mg, Malvidin: 50.02mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg 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 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: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg Quercetin: 6.37mg, Quercetin: 6.37mg, Quercetin: 6.37mg, Quercetin: 6.37mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 127.9kcal (6.4%), Fat: 0.96g (1.47%), Saturated Fat: 0.41g (2.57%), Carbohydrates: 29.08g (9.69%), Net Carbohydrates: 27.23g (9.9%), Sugar: 25.39g (28.21%), Cholesterol: 2.13mg (0.71%), Sodium: 34.62mg (1.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.75g (5.51%), Vitamin K: 20.8µg (19.81%), Manganese: 0.31mg (15.68%), Vitamin C: 7.61mg (9.22%), Calcium: 84.32mg (8.43%), Potassium: 286.05mg (8.17%), Vitamin B2: 0.13mg (7.48%), Fiber: 1.85g (7.39%), Phosphorus: 73.35mg (7.33%), Folate: 24.16µg (6.04%), Vitamin B5: 0.51mg (5.07%), Vitamin E: 0.67mg (4.45%), Vitamin B6: 0.08mg (4.19%), Magnesium: 15.71mg (3.93%), Vitamin B12: 0.23µg (3.76%), Vitamin B1: 0.05mg (3.64%), Zinc: 0.54mg (3.59%), Selenium: 2.39µg (3.41%), Copper: 0.06mg (3.13%), Vitamin B3: 0.51mg (2.53%), Iron: 0.32mg (1.78%), Vitamin A: 58.25IU (1.16%)