



Blueberry-Pomegranate Smoothie



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



5

CALORIES



110 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 1 cup blueberries frozen
- ☐ 2 tablespoons flax meal
- ☐ 0.5 cup greek yogurt
- ☐ 2 tablespoons honey
- ☐ 1 cup ice cubes
- ☐ 1.5 cups pomegranate juice unsweetened

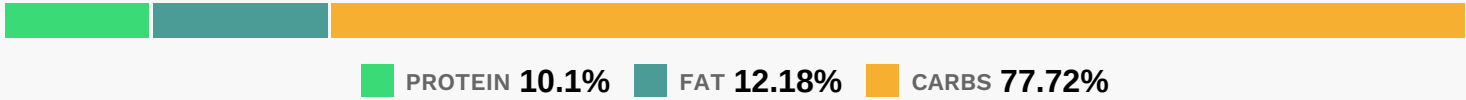
Equipment

- ☐ blender

Directions

- ☐ Blend berries, juice, flax meal and honey in a blender until smooth.
- ☐ Add yogurt and ice; blend until smooth.

Nutrition Facts



Properties

Glycemic Index:24.85, Glycemic Load:5.06, Inflammation Score:-2, Nutrition Score:4.3895652333032%

Flavonoids

Cyanidin: 4.3mg, Cyanidin: 4.3mg, Cyanidin: 4.3mg, Cyanidin: 4.3mg Petunidin: 9.33mg, Petunidin: 9.33mg, Petunidin: 9.33mg, Petunidin: 9.33mg Delphinidin: 11.09mg, Delphinidin: 11.09mg, Delphinidin: 11.09mg, Delphinidin: 11.09mg Malvidin: 20.01mg, Malvidin: 20.01mg, Malvidin: 20.01mg, Malvidin: 20.01mg Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg Peonidin: 6.01mg, Peonidin: 6.01mg, Peonidin: 6.01mg, Peonidin: 6.01mg Catechin: 1.57mg, Catechin: 1.57mg, Catechin: 1.57mg, Catechin: 1.57mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 109.9kcal (5.49%), Fat: 1.57g (2.42%), Saturated Fat: 0.19g (1.19%), Carbohydrates: 22.54g (7.51%), Net Carbohydrates: 20.97g (7.63%), Sugar: 19.95g (22.17%), Cholesterol: 1mg (0.33%), Sodium: 17.76mg (0.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.93g (5.86%), Vitamin K: 13.6µg (12.95%), Manganese: 0.25mg (12.42%), Potassium: 237.98mg (6.8%), Fiber: 1.57g (6.27%), Folate: 23.71µg (5.93%), Phosphorus: 57.28mg (5.73%), Magnesium: 20.82mg (5.21%), Vitamin B2: 0.09mg (5.13%), Vitamin B1: 0.07mg (4.83%), Selenium: 3.01µg (4.3%), Calcium: 41.26mg (4.13%), Copper: 0.08mg (4.04%), Vitamin B6: 0.07mg (3.67%), Vitamin C: 3mg (3.64%), Vitamin B5: 0.35mg (3.49%), Vitamin E: 0.46mg (3.09%), Zinc: 0.37mg (2.44%), Vitamin B12: 0.14µg (2.33%), Vitamin B3: 0.44mg (2.18%), Iron: 0.37mg (2.04%)