



Blueberry-Pomegranate Smoothies



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



2

CALORIES



102 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients



1 cup blueberries frozen



0.5 cup pomegranate juice



0.5 cup soymilk

Equipment

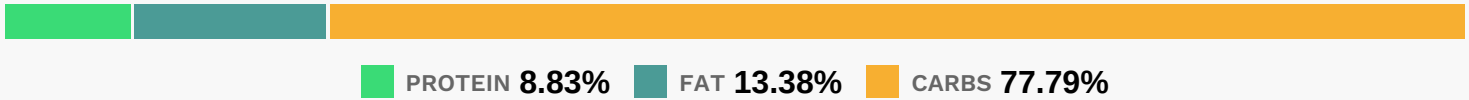


blender

Directions

- ☐
- In blender, place ingredients. Cover; blend on high speed about 1 minute or until smooth.
- ☐
- Pour into 2 glasses.
- ☐
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:36.71, Glycemic Load:4.18, Inflammation Score:-5, Nutrition Score:7.6413043841072%

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: 102.35kcal (5.12%), Fat: 1.6g (2.46%), Saturated Fat: 0.19g (1.19%), Carbohydrates: 20.92g (6.97%), Net Carbohydrates: 18.85g (6.85%), Sugar: 16.71g (18.56%), Cholesterol: 0mg (0%), Sodium: 35.84mg (1.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.38g (4.75%), Vitamin K: 20.76µg (19.77%), Manganese: 0.31mg (15.39%), Vitamin E: 2.15mg (14.3%), Vitamin C: 11.49mg (13.93%), Vitamin B3: 2.4mg (11.98%), Vitamin B12: 0.64µg (10.62%), Vitamin B6: 0.2mg (10.04%), Folate: 38.26µg (9.56%), Calcium: 93.89mg (9.39%), Vitamin B2: 0.16mg (9.24%), Fiber: 2.07g (8.3%), Potassium: 273.39mg (7.81%), Copper: 0.13mg (6.39%), Vitamin A: 271.83IU (5.44%), Vitamin B1: 0.07mg (4.89%), Vitamin D: 0.71µg (4.72%), Iron: 0.56mg (3.1%), Vitamin B5: 0.27mg (2.69%), Selenium: 1.62µg (2.31%), Magnesium: 8.8mg (2.2%), Zinc: 0.32mg (2.11%), Phosphorus: 15.73mg (1.57%)