



Blueberry Power Smoothie



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



161 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 1 cup blueberries fresh
- ☐ 0.7 cup milk fat-free
- ☐ 2 tablespoons raspberry spread (such as Polaner All Fruit)
- ☐ 4 ounces silken tofu firm reduced-fat
- ☐ 6 ounce carton raspberry yogurt low-fat

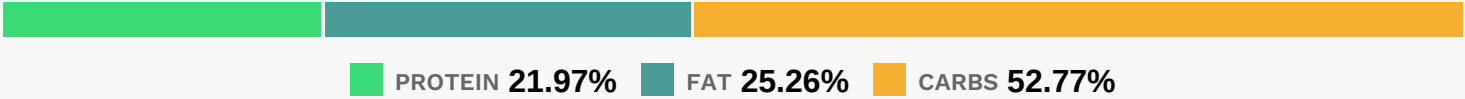
Equipment

- ☐ blender

Directions

☐ Combine all ingredients in a blender; process until smooth.

Nutrition Facts



Properties

Glycemic Index:59.13, Glycemic Load:5.87, Inflammation Score:-5, Nutrition Score:10.133043455041%

Flavonoids

Cyanidin: 13.03mg, Cyanidin: 13.03mg, Cyanidin: 13.03mg, Cyanidin: 13.03mg Petunidin: 23.38mg, Petunidin: 23.38mg, Petunidin: 23.38mg, Petunidin: 23.38mg Delphinidin: 26.41mg, Delphinidin: 26.41mg, Delphinidin: 26.41mg, Delphinidin: 26.41mg Malvidin: 50.04mg, Malvidin: 50.04mg, Malvidin: 50.04mg, Malvidin: 50.04mg Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg Peonidin: 15.03mg, Peonidin: 15.03mg, Peonidin: 15.03mg, Peonidin: 15.03mg Catechin: 4.11mg, Catechin: 4.11mg, Catechin: 4.11mg, Catechin: 4.11mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.98mg, Epicatechin: 0.98mg, Epicatechin: 0.98mg, Epicatechin: 0.98mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 1.24mg, Kaempferol: 1.24mg, Kaempferol: 1.24mg, Kaempferol: 1.24mg Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg 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: 160.7kcal (8.03%), Fat: 4.7g (7.23%), Saturated Fat: 2.05g (12.8%), Carbohydrates: 22.09g (7.36%), Net Carbohydrates: 19.3g (7.02%), Sugar: 16.85g (18.73%), Cholesterol: 13.51mg (4.5%), Sodium: 76.33mg (3.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.2g (18.4%), Calcium: 236.42mg (23.64%), Phosphorus: 216.5mg (21.65%), Manganese: 0.35mg (17.68%), Vitamin B2: 0.29mg (16.85%), Vitamin K: 15.61µg (14.86%), Vitamin C: 11.48mg (13.91%), Vitamin B12: 0.79µg (13.14%), Potassium: 449.58mg (12.84%), Fiber: 2.79g (11.18%), Magnesium: 44.14mg (11.04%), Vitamin B1: 0.16mg (10.61%), Copper: 0.18mg (9.11%), Zinc: 1.34mg (8.96%), Vitamin B5: 0.76mg (7.63%), Vitamin D: 0.98µg (6.56%), Vitamin B6: 0.13mg (6.37%), Vitamin A: 295.64IU (5.91%), Selenium: 3.61µg (5.15%), Iron: 0.82mg (4.54%), Vitamin E: 0.6mg (4.01%), Folate: 15.13µg (3.78%), Vitamin B3: 0.73mg (3.64%)