



Blueberry Smoothie

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



4

CALORIES



154 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 3 cups blueberries frozen
- 1 cup milk fat-free
- 1 stick crystal on the go lemonade flavor drink mix light
- 2 cups nonfat yogurt plain greek-style

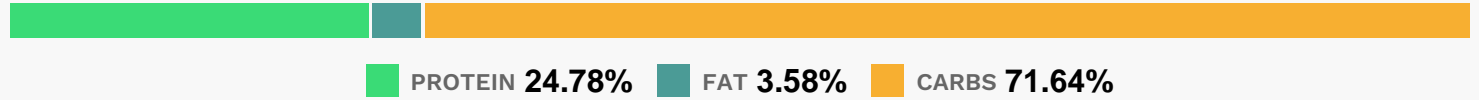
Equipment

- blender

Directions

- Blend ingredients in blender until smooth.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:18.31, Glycemic Load:6.37, Inflammation Score:-5, Nutrition Score:11.613912986672%

Flavonoids

Cyanidin: 9.39mg, Cyanidin: 9.39mg, Cyanidin: 9.39mg, Cyanidin: 9.39mg Petunidin: 35mg, Petunidin: 35mg, Petunidin: 35mg, Petunidin: 35mg Delphinidin: 39.33mg, Delphinidin: 39.33mg, Delphinidin: 39.33mg, Delphinidin: 39.33mg Malvidin: 75.02mg, Malvidin: 75.02mg, Malvidin: 75.02mg, Malvidin: 75.02mg Peonidin: 22.52mg, Peonidin: 22.52mg, Peonidin: 22.52mg, Peonidin: 22.52mg Catechin: 5.87mg, Catechin: 5.87mg, Catechin: 5.87mg, Catechin: 5.87mg Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 1.84mg, Kaempferol: 1.84mg, Kaempferol: 1.84mg, Kaempferol: 1.84mg Myricetin: 1.44mg, Myricetin: 1.44mg, Myricetin: 1.44mg, Myricetin: 1.44mg Quercetin: 8.51mg, Quercetin: 8.51mg, Quercetin: 8.51mg, Quercetin: 8.51mg Gallocatechin: 0.13mg, Gallocatechin: 0.13mg, Gallocatechin: 0.13mg, Gallocatechin: 0.13mg

Nutrients (% of daily need)

Calories: 153.64kcal (7.68%), Fat: 0.64g (0.98%), Saturated Fat: 0.2g (1.27%), Carbohydrates: 28.74g (9.58%), Net Carbohydrates: 26.08g (9.48%), Sugar: 23.79g (26.44%), Cholesterol: 4.29mg (1.43%), Sodium: 120.68mg (5.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.94g (19.88%), Calcium: 331.33mg (33.13%), Phosphorus: 271.19mg (27.12%), Vitamin B2: 0.41mg (24.26%), Vitamin K: 21.67µg (20.64%), Manganese: 0.38mg (19.05%), Vitamin B12: 1.1µg (18.38%), Vitamin C: 11.97mg (14.51%), Potassium: 500.5mg (14.3%), Vitamin B5: 1.14mg (11.42%), Zinc: 1.64mg (10.94%), Fiber: 2.66g (10.66%), Magnesium: 37.9mg (9.48%), Vitamin B1: 0.13mg (8.95%), Selenium: 5.75µg (8.21%), Vitamin B6: 0.16mg (7.91%), Folate: 22.6µg (5.65%), Vitamin D: 0.67µg (4.49%), Vitamin E: 0.63mg (4.22%), Copper: 0.08mg (4.15%), Vitamin A: 193.49IU (3.87%), Vitamin B3: 0.69mg (3.44%), Iron: 0.42mg (2.34%)