



Blueberry Smoothie



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



3

CALORIES



173 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 1 large banana cut into chunks
- ☐ 1.5 cups blueberries frozen
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 1 teaspoon lemon rind grated
- ☐ 2 tablespoons lemonade concentrate frozen
- ☐ 0.5 cup vanilla yogurt low-fat
- ☐ 1 cup soy milk fat-free

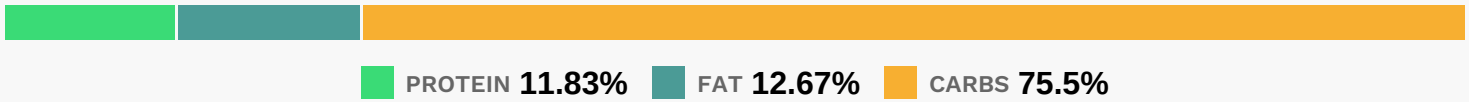
Equipment

- ☐ food processor
- ☐ blender
- ☐ ziploc bags

Directions

- ☐ Place banana chunks in a heavy-duty ziptop plastic bag. Seal and freeze at least 4 hours.
- ☐ Process frozen banana, frozen blueberries, and remaining ingredients in a blender or food processor until smooth.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:66.06, Glycemic Load:9.42, Inflammation Score:-6, Nutrition Score:11.510869606681%

Flavonoids

Cyanidin: 6.26mg, Cyanidin: 6.26mg, Cyanidin: 6.26mg, Cyanidin: 6.26mg Petunidin: 23.33mg, Petunidin: 23.33mg, Petunidin: 23.33mg, Petunidin: 23.33mg Delphinidin: 26.22mg, Delphinidin: 26.22mg, Delphinidin: 26.22mg, Delphinidin: 26.22mg Malvidin: 50.02mg, Malvidin: 50.02mg, Malvidin: 50.02mg, Malvidin: 50.02mg Peonidin: 15.01mg, Peonidin: 15.01mg, Peonidin: 15.01mg, Peonidin: 15.01mg Catechin: 6.68mg, Catechin: 6.68mg, Catechin: 6.68mg, Catechin: 6.68mg Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg Epicatechin: 0.47mg, Epicatechin: 0.47mg, Epicatechin: 0.47mg, Epicatechin: 0.47mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg Myricetin: 0.97mg, Myricetin: 0.97mg, Myricetin: 0.97mg, Myricetin: 0.97mg Quercetin: 5.7mg, Quercetin: 5.7mg, Quercetin: 5.7mg, Quercetin: 5.7mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 172.71kcal (8.64%), Fat: 2.57g (3.96%), Saturated Fat: 0.59g (3.67%), Carbohydrates: 34.48g (11.49%), Net Carbohydrates: 31.09g (11.31%), Sugar: 24.96g (27.74%), Cholesterol: 2.04mg (0.68%), Sodium: 68.22mg (2.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.4g (10.81%), Vitamin C: 19.27mg (23.35%), Vitamin B6: 0.41mg (20.49%), Calcium: 188.4mg (18.84%), Manganese: 0.38mg (18.82%), Vitamin B2: 0.3mg (17.8%), Vitamin B12: 1.07µg (17.77%), Vitamin E: 2.47mg (16.45%), Vitamin B3: 3.26mg (16.29%), Vitamin K: 14.57µg (13.88%), Fiber: 3.39g (13.55%), Potassium: 428.07mg (12.23%), Folate: 44.01µg (11%), Copper: 0.18mg (9.12%), Vitamin A: 396.11IU (7.92%), Phosphorus: 74.93mg (7.49%), Vitamin B1: 0.11mg (7.33%), Vitamin D: 0.94µg (6.29%), Selenium: 4.38µg (6.26%),

Magnesium: 24.16mg (6.04%), Vitamin B5: 0.48mg (4.82%), Zinc: 0.72mg (4.81%), Iron: 0.76mg (4.2%)