



# Blueberry Smoothie

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



2

CALORIES



205 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

## Ingredients

- 1 cup blueberries fresh ()
- 0.1 teaspoon nutmeg
- 0.8 cup milk 2% reduced-fat
- 8 ounce yogurt plain
- 0.5 teaspoon vanilla extract
- 2 tablespoons granulated sugar white

## Equipment

- blender

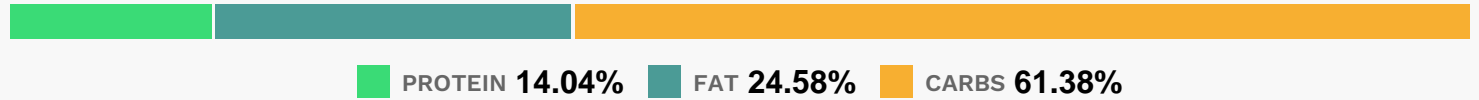
spatula

## Directions

Blend the blueberries, yogurt, milk, sugar, vanilla, and nutmeg in a blender until frothy, scraping down the sides of the blender with a spatula occasionally.

Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:99.55, Glycemic Load:12.99, Inflammation Score:-4, Nutrition Score:8.6047825865124%

## 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: 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: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

## Nutrients (% of daily need)

Calories: 205.34kcal (10.27%), Fat: 5.77g (8.87%), Saturated Fat: 3.54g (22.14%), Carbohydrates: 32.4g (10.8%), Net Carbohydrates: 30.6g (11.13%), Sugar: 29.27g (32.52%), Cholesterol: 21.82mg (7.27%), Sodium: 94.73mg (4.12%), Alcohol: 0.34g (100%), Alcohol %: 0.15% (100%), Protein: 7.41g (14.82%), Calcium: 248.31mg (24.83%), Vitamin B2: 0.36mg (21.08%), Phosphorus: 198.35mg (19.84%), Vitamin B12: 0.89µg (14.81%), Vitamin K: 14.69µg (13.99%), Manganese: 0.27mg (13.6%), Potassium: 358.8mg (10.25%), Vitamin C: 7.93mg (9.61%), Vitamin B5: 0.85mg (8.48%), Zinc: 1.22mg (8.11%), Fiber: 1.8g (7.21%), Magnesium: 28.13mg (7.03%), Selenium: 4.86µg (6.94%), Vitamin B1: 0.1mg (6.35%), Vitamin B6: 0.11mg (5.44%), Vitamin A: 242.62IU (4.85%), Folate: 16.9µg (4.22%), Vitamin E: 0.52mg (3.44%), Copper: 0.06mg (3.03%), Vitamin B3: 0.48mg (2.41%), Iron: 0.29mg (1.63%)