



Blueberry Smoothies

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



2

CALORIES



131 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 1 cup blueberries frozen organic cascadian farm® (from 8-oz bag)
- 0.5 cup soymilk fat-free (skim)
- 6 oz yogurt french yoplait®
- 1 serving honey

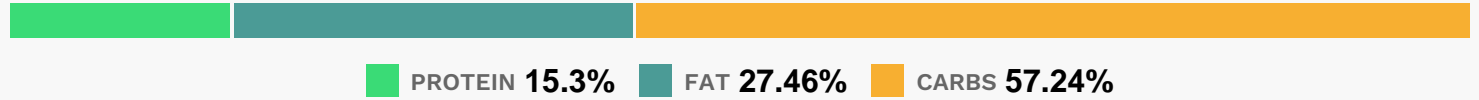
Equipment

- blender

Directions

- In blender, place blueberries, soymilk and yogurt. Cover; blend on high speed about 1 minute or until smooth. Sweeten to taste with honey.
- Pour into 2 glasses.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:72.34, Glycemic Load:6.44, Inflammation Score:-5, Nutrition Score:8.874782634818%

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: 131.25kcal (6.56%), Fat: 4.18g (6.43%), Saturated Fat: 1.92g (12.03%), Carbohydrates: 19.61g (6.54%), Net Carbohydrates: 17.59g (6.4%), Sugar: 15.7g (17.44%), Cholesterol: 11.06mg (3.69%), Sodium: 69.5mg (3.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.24g (10.49%), Calcium: 190.16mg (19.02%), Vitamin B2: 0.27mg (15.87%), Vitamin B12: 0.95µg (15.86%), Vitamin C: 11.87mg (14.39%), Vitamin K: 14.45µg (13.76%), Vitamin E: 1.96mg (13.06%), Manganese: 0.25mg (12.74%), Vitamin B3: 2.32mg (11.6%), Vitamin B6: 0.2mg (10.2%), Phosphorus: 89.82mg (8.98%), Fiber: 2.02g (8.08%), Potassium: 273.82mg (7.82%), Folate: 29.34µg (7.34%), Vitamin A: 356.03IU (7.12%), Copper: 0.12mg (6.18%), Vitamin B1: 0.09mg (5.91%), Vitamin D: 0.79µg (5.29%), Zinc: 0.77mg (5.13%), Selenium: 3.33µg (4.76%), Vitamin B5: 0.43mg (4.25%), Magnesium: 14.72mg (3.68%), Iron: 0.55mg (3.08%)