



Blueberry Smoothies

 Vegetarian  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



2

CALORIES



238 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 1 cup blueberries frozen organic cascadian farm® (from 8-oz bag)
- 2 servings honey
- 6 oz optional: lemon french yoplait®
- 0.5 cup vanilla fat-free (skim)

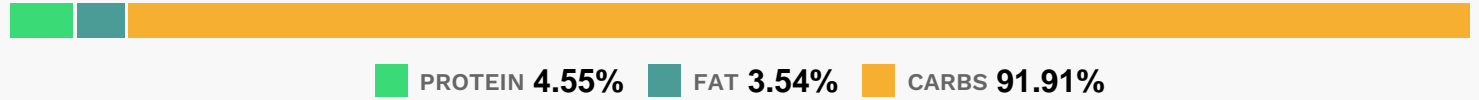
Equipment

- 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:58.89, Glycemic Load:8, Inflammation Score:-5, Nutrition Score:7.5760869953943%

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 Eriodictyol: 18.17mg, Eriodictyol: 18.17mg, Eriodictyol: 18.17mg, Eriodictyol: 18.17mg Hesperetin: 23.73mg, Hesperetin: 23.73mg, Hesperetin: 23.73mg, Hesperetin: 23.73mg Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg Luteolin: 1.76mg, Luteolin: 1.76mg, Luteolin: 1.76mg, Luteolin: 1.76mg Kaempferol: 1.25mg, Kaempferol: 1.25mg, Kaempferol: 1.25mg, Kaempferol: 1.25mg Myricetin: 1.39mg, Myricetin: 1.39mg, Myricetin: 1.39mg, Myricetin: 1.39mg Quercetin: 6.65mg, Quercetin: 6.65mg, Quercetin: 6.65mg, Quercetin: 6.65mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 237.88kcal (11.89%), Fat: 0.53g (0.82%), Saturated Fat: 0.06g (0.37%), Carbohydrates: 31g (10.33%), Net Carbohydrates: 26.83g (9.76%), Sugar: 21.82g (24.25%), Cholesterol: 0mg (0%), Sodium: 7.4mg (0.32%), Alcohol: 17.89g (100%), Alcohol %: 10.4% (100%), Protein: 1.54g (3.07%), Vitamin C: 52.29mg (63.38%), Manganese: 0.4mg (19.97%), Fiber: 4.17g (16.69%), Vitamin K: 14.28µg (13.6%), Potassium: 254.95mg (7.28%), Vitamin B6: 0.12mg (6.09%), Vitamin B2: 0.1mg (5.85%), Copper: 0.11mg (5.68%), Iron: 0.81mg (4.5%), Vitamin B1: 0.07mg (4.47%), Magnesium: 17.62mg (4.41%), Vitamin E: 0.55mg (3.66%), Folate: 13.94µg (3.48%), Calcium: 32.69mg (3.27%), Vitamin B3: 0.62mg (3.12%), Vitamin B5: 0.28mg (2.76%), Phosphorus: 25.89mg (2.59%), Zinc: 0.24mg (1.61%), Vitamin A: 58.67IU (1.17%)