



Blueberry-Tofu Smoothie

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



279 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 1 tablespoon agave nectar
- 1 cup blueberries frozen
- 0.5 cup ice crushed
- 0.5 cup pomegranate juice
- 4 ounces silken tofu

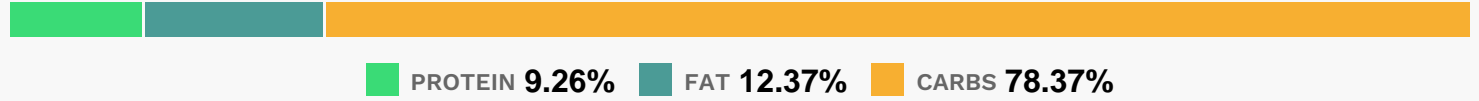
Equipment

- blender

Directions

In a blender, combine ingredients; blend until smooth.

Nutrition Facts



Properties

Glycemic Index:55, Glycemic Load:9.56, Inflammation Score:-6, Nutrition Score:11.330434721449%

Flavonoids

Cyanidin: 15.51mg, Cyanidin: 15.51mg, Cyanidin: 15.51mg, Cyanidin: 15.51mg Petunidin: 46.66mg, Petunidin: 46.66mg, Petunidin: 46.66mg, Petunidin: 46.66mg Delphinidin: 53.44mg, Delphinidin: 53.44mg, Delphinidin: 53.44mg, Delphinidin: 53.44mg Malvidin: 100.03mg, Malvidin: 100.03mg, Malvidin: 100.03mg, Malvidin: 100.03mg Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg Peonidin: 30.03mg, Peonidin: 30.03mg, Peonidin: 30.03mg, Peonidin: 30.03mg Catechin: 7.83mg, Catechin: 7.83mg, Catechin: 7.83mg, Catechin: 7.83mg Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg Epicatechin: 0.92mg, Epicatechin: 0.92mg, Epicatechin: 0.92mg, Epicatechin: 0.92mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 2.46mg, Kaempferol: 2.46mg, Kaempferol: 2.46mg, Kaempferol: 2.46mg Myricetin: 1.92mg, Myricetin: 1.92mg, Myricetin: 1.92mg, Myricetin: 1.92mg Quercetin: 12.73mg, Quercetin: 12.73mg, Quercetin: 12.73mg, Quercetin: 12.73mg Gallocatechin: 0.18mg, Gallocatechin: 0.18mg, Gallocatechin: 0.18mg, Gallocatechin: 0.18mg

Nutrients (% of daily need)

Calories: 279.06kcal (13.95%), Fat: 4.01g (6.16%), Saturated Fat: 0.54g (3.39%), Carbohydrates: 57.1g (19.03%), Net Carbohydrates: 53.27g (19.37%), Sugar: 46.19g (51.33%), Cholesterol: 0mg (0%), Sodium: 25.11mg (1.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.74g (13.49%), Vitamin K: 46.24µg (44.04%), Manganese: 0.62mg (30.83%), Vitamin C: 18.05mg (21.88%), Copper: 0.37mg (18.3%), Potassium: 585.35mg (16.72%), Fiber: 3.83g (15.33%), Vitamin B1: 0.21mg (14.16%), Magnesium: 51.87mg (12.97%), Folate: 45.06µg (11.27%), Phosphorus: 101.97mg (10.2%), Vitamin E: 1.52mg (10.15%), Vitamin B6: 0.19mg (9.42%), Vitamin B2: 0.16mg (9.37%), Iron: 1.49mg (8.26%), Vitamin B3: 1.39mg (6.97%), Zinc: 0.95mg (6.35%), Calcium: 61.49mg (6.15%), Vitamin B5: 0.54mg (5.38%), Vitamin A: 79.92IU (1.6%), Selenium: 0.88µg (1.25%)