



Blueberry Yogurt Smoothie



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



2

CALORIES



131 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 cup blueberries
- ☐ 0.5 Can pear halves in heavy syrup (An 8.5 Ounce Can Has 4 Halves, So I Used 2 Halves)
- ☐ 1 cup non fat yogurt plain low fat (I Did Not Have Vanilla Yogurt In Hand, Which Was Specified In The Original Recipe)
- ☐ 1 Teaspoon vanilla essence plain (If Using Yogurt)

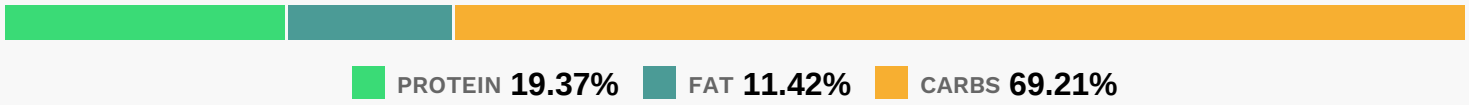
Equipment

- ☐ blender

Directions

- ☐ Place 2 pear halves (with the syrup) and blueberries in a blender.Blend until smooth.
- ☐ Add the yogurt, vanilla essence to the blueberry mixture.Blend it again.Now you have a delicious blueberry smoothie. I also added a tablespoon of maple syrup.Alternatively you can pour this mixture in an ice pop mold. The mold which I have has marking until which the liquid has to be filled.Close the molds with the lids provided Freeze until firm, 4 to 6 hours. I left it overnight.

Nutrition Facts



Properties

Glycemic Index:38.38, Glycemic Load:1.8, Inflammation Score:-3, Nutrition Score:6.257826084676%

Flavonoids

Cyanidin: 3.14mg, Cyanidin: 3.14mg, Cyanidin: 3.14mg, Cyanidin: 3.14mg Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 131.12kcal (6.56%), Fat: 1.65g (2.55%), Saturated Fat: 1g (6.24%), Carbohydrates: 22.56g (7.52%), Net Carbohydrates: 21.67g (7.88%), Sugar: 20.87g (23.19%), Cholesterol: 6.13mg (2.04%), Sodium: 81.4mg (3.54%), Alcohol: 0.69g (100%), Alcohol %: 0.54% (100%), Protein: 6.32g (12.63%), Calcium: 211.94mg (21.19%), Phosphorus: 169.96mg (17%), Vitamin B2: 0.26mg (15.49%), Vitamin B12: 0.65µg (10.82%), Selenium: 6.04µg (8.63%), Potassium: 300.02mg (8.57%), Vitamin B5: 0.72mg (7.23%), Zinc: 1.08mg (7.19%), Vitamin K: 7.27µg (6.93%), Manganese: 0.13mg (6.7%), Vitamin C: 4.58mg (5.55%), Magnesium: 22.08mg (5.52%), Vitamin B1: 0.07mg (4.36%), Folate: 15.71µg (3.93%), Vitamin B6: 0.08mg (3.75%), Fiber: 0.9g (3.58%), Copper: 0.04mg (1.93%), Vitamin E: 0.24mg (1.57%), Vitamin B3: 0.29mg (1.47%), Vitamin A: 72.72IU (1.45%), Iron: 0.19mg (1.07%)