



Broccoli Banana Blueberry Smoothies

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



2

CALORIES



165 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 0.5 cup broccoli frozen
- 1 cup skim milk fat-free (skim)
- 0.5 medium banana
- 7.6 oz pomegranate yoplait®

Equipment

- blender

Directions

- Cook broccoli as directed on package; rinse with cold water.
- Drain.
- In blender, place all ingredients. Cover; blend on high speed 1 minute to 1 minute 30 seconds, stopping to scrape sides as necessary, until smooth.
- Pour into 2 glasses.
- Serve immediately.

Nutrition Facts

PROTEIN 15.52% **FAT 7.73%** **CARBS 76.75%**

Properties

Glycemic Index:93.51, Glycemic Load:16.15, Inflammation Score:-6, Nutrition Score:13.578260991884%

Flavonoids

Catechin: 2.23mg, Catechin: 2.23mg, Catechin: 2.23mg, Catechin: 2.23mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 1.76mg, Kaempferol: 1.76mg, Kaempferol: 1.76mg, Kaempferol: 1.76mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg Gallocatechin: 0.18mg, Gallocatechin: 0.18mg, Gallocatechin: 0.18mg, Gallocatechin: 0.18mg

Nutrients (% of daily need)

Calories: 164.8kcal (8.24%), Fat: 1.54g (2.36%), Saturated Fat: 0.25g (1.55%), Carbohydrates: 34.32g (11.44%), Net Carbohydrates: 28.67g (10.43%), Sugar: 24.92g (27.69%), Cholesterol: 3.67mg (1.23%), Sodium: 61.01mg (2.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.94g (13.89%), Vitamin C: 33.18mg (40.22%), Vitamin K: 40.25µg (38.34%), Fiber: 5.65g (22.59%), Phosphorus: 190.87mg (19.09%), Calcium: 184.29mg (18.43%), Potassium: 633.94mg (18.11%), Folate: 63.15µg (15.79%), Vitamin B2: 0.26mg (15.58%), Vitamin B6: 0.3mg (14.93%), Manganese: 0.26mg (12.89%), Vitamin B12: 0.71µg (11.84%), Vitamin B1: 0.17mg (11.04%), Vitamin B5: 1.07mg (10.68%), Copper: 0.21mg (10.32%), Magnesium: 40.21mg (10.05%), Vitamin D: 1.35µg (8.98%), Vitamin A: 405.84IU (8.12%), Zinc: 1.06mg (7.08%), Vitamin E: 0.85mg (5.65%), Selenium: 3.83µg (5.48%), Vitamin B3: 0.8mg (3.98%), Iron: 0.56mg (3.11%)