



## Broccoli Banana Blueberry Smoothies

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



2

CALORIES



137 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

### Ingredients

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

### 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 15.99%** **FAT 3.83%** **CARBS 80.18%**

## Properties

Glycemic Index:80.01, Glycemic Load:10.75, Inflammation Score:-7, Nutrition Score:12.541304370631%

## Flavonoids

Cyanidin: 9.11mg, Cyanidin: 9.11mg, Cyanidin: 9.11mg, Cyanidin: 9.11mg Petunidin: 33.97mg, Petunidin: 33.97mg, Petunidin: 33.97mg, Petunidin: 33.97mg Delphinidin: 38.17mg, Delphinidin: 38.17mg, Delphinidin: 38.17mg, Delphinidin: 38.17mg Malvidin: 72.81mg, Malvidin: 72.81mg, Malvidin: 72.81mg, Malvidin: 72.81mg Peonidin: 21.86mg, Peonidin: 21.86mg, Peonidin: 21.86mg, Peonidin: 21.86mg Catechin: 7.5mg, Catechin: 7.5mg, Catechin: 7.5mg, Catechin: 7.5mg Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg Epicatechin: 0.67mg, Epicatechin: 0.67mg, Epicatechin: 0.67mg, Epicatechin: 0.67mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Kaempferol: 3.55mg, Kaempferol: 3.55mg, Kaempferol: 3.55mg, Kaempferol: 3.55mg Myricetin: 1.42mg, Myricetin: 1.42mg, Myricetin: 1.42mg, Myricetin: 1.42mg Quercetin: 9mg, Quercetin: 9mg, Quercetin: 9mg, Quercetin: 9mg Gallocatechin: 0.13mg, Gallocatechin: 0.13mg, Gallocatechin: 0.13mg, Gallocatechin: 0.13mg

## Nutrients (% of daily need)

Calories: 136.79kcal (6.84%), Fat: 0.63g (0.97%), Saturated Fat: 0.15g (0.93%), Carbohydrates: 29.8g (9.93%), Net Carbohydrates: 25.87g (9.41%), Sugar: 20.89g (23.21%), Cholesterol: 3.67mg (1.23%), Sodium: 58.86mg (2.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.94g (11.88%), Vitamin K: 43.38µg (41.31%), Vitamin C: 32.64mg (39.56%), Manganese: 0.49mg (24.57%), Calcium: 179.98mg (18%), Phosphorus: 165.01mg (16.5%), Fiber: 3.92g (15.7%), Vitamin B2: 0.25mg (14.82%), Vitamin B6: 0.27mg (13.69%), Potassium: 462.66mg (13.22%), Vitamin B12: 0.71µg (11.84%), Vitamin A: 464.01IU (9.28%), Vitamin D: 1.35µg (8.98%), Vitamin B1: 0.13mg (8.88%), Magnesium: 33.75mg (8.44%), Vitamin B5: 0.8mg (7.95%), Folate: 28.67µg (7.17%), Zinc: 0.86mg (5.72%), Vitamin E: 0.82mg (5.43%), Copper: 0.1mg (4.88%), Selenium: 3.4µg (4.86%), Vitamin B3: 0.93mg (4.66%), Iron: 0.54mg (2.99%)