



## Cherry Vanilla Almond Smoothie

 Gluten Free  Dairy Free

READY IN



720 min.

SERVINGS



2

CALORIES



113 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

### Ingredients

- 0.8 cup vanilla almond milk unsweetened
- 2 cups cherries frozen pitted
- 1 dates pitted
- 0.5 teaspoon vanilla extract

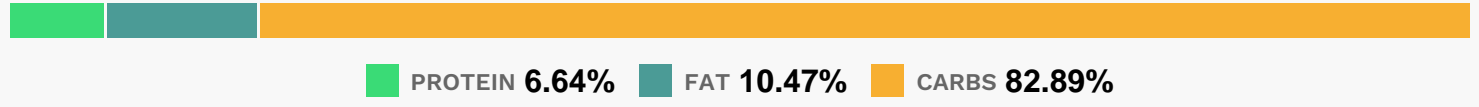
### Equipment

- blender

# Directions

- Combine all ingredients in blender and blend until completely smooth.
- Serve immediately.

# Nutrition Facts



# Properties

Glycemic Index:37, Glycemic Load:5.44, Inflammation Score:-3, Nutrition Score:3.8943477648756%

# Flavonoids

Cyanidin: 41.75mg, Cyanidin: 41.75mg, Cyanidin: 41.75mg, Cyanidin: 41.75mg Pelargonidin: 0.37mg, Pelargonidin: 0.37mg, Pelargonidin: 0.37mg, Pelargonidin: 0.37mg Peonidin: 2.07mg, Peonidin: 2.07mg, Peonidin: 2.07mg, Peonidin: 2.07mg Catechin: 6.02mg, Catechin: 6.02mg, Catechin: 6.02mg, Catechin: 6.02mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 6.9mg, Epicatechin: 6.9mg, Epicatechin: 6.9mg, Epicatechin: 6.9mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.19mg, Quercetin: 3.19mg, Quercetin: 3.19mg, Quercetin: 3.19mg

# Nutrients (% of daily need)

Calories: 112.82kcal (5.64%), Fat: 1.42g (2.18%), Saturated Fat: 0.05g (0.34%), Carbohydrates: 25.21g (8.4%), Net Carbohydrates: 21.75g (7.91%), Sugar: 20.1g (22.34%), Cholesterol: 0mg (0%), Sodium: 122.04mg (5.31%), Alcohol: 0.34g (100%), Alcohol %: 0.18% (100%), Protein: 2.02g (4.04%), Fiber: 3.46g (13.84%), Calcium: 131.91mg (13.19%), Vitamin C: 9.67mg (11.73%), Potassium: 330.8mg (9.45%), Manganese: 0.11mg (5.4%), Copper: 0.09mg (4.54%), Magnesium: 16.81mg (4.2%), Vitamin B6: 0.07mg (3.68%), Phosphorus: 31.21mg (3.12%), Iron: 0.53mg (2.97%), Vitamin B5: 0.3mg (2.96%), Vitamin B2: 0.05mg (2.87%), Vitamin K: 2.99µg (2.85%), Vitamin B1: 0.04mg (2.61%), Vitamin A: 88.67IU (1.77%), Folate: 6.18µg (1.55%), Vitamin B3: 0.26mg (1.31%)