



## Chocolate and Blueberry Smoothie

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



1

CALORIES



200 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

### Ingredients

- 4 tablespoons blueberries frozen
- 2 teaspoons cocoa powder
- 4 ice cubes
- 1 cup milk
- 1 teaspoon water hot
- 1 teaspoon sugar white

### Equipment

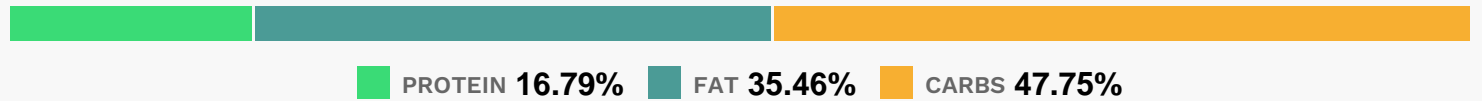
- bowl

blender

## Directions

- Mix together the cocoa powder and water in a small bowl until the cocoa is dissolved.
- Place the cocoa mixture, milk, blueberries, sugar, and ice cubes into a blender; cover and blend until smooth, 30 to 45 seconds.
- Serve cold.

## Nutrition Facts



## Properties

Glycemic Index:148.09, Glycemic Load:9.99, Inflammation Score:-5, Nutrition Score:11.001739076946%

## Flavonoids

Cyanidin: 5mg, Cyanidin: 5mg, Cyanidin: 5mg, Cyanidin: 5mg Petunidin: 18.65mg, Petunidin: 18.65mg, Petunidin: 18.65mg, Petunidin: 18.65mg Delphinidin: 20.96mg, Delphinidin: 20.96mg, Delphinidin: 20.96mg, Delphinidin: 20.96mg Malvidin: 39.98mg, Malvidin: 39.98mg, Malvidin: 39.98mg, Malvidin: 39.98mg Peonidin: 12mg, Peonidin: 12mg, Peonidin: 12mg, Peonidin: 12mg Catechin: 4.43mg, Catechin: 4.43mg, Catechin: 4.43mg, Catechin: 4.43mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 4.3mg, Epicatechin: 4.3mg, Epicatechin: 4.3mg, Epicatechin: 4.3mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg Quercetin: 4.74mg, Quercetin: 4.74mg, Quercetin: 4.74mg, Quercetin: 4.74mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

## Nutrients (% of daily need)

Calories: 200.07kcal (10%), Fat: 8.29g (12.75%), Saturated Fat: 4.72g (29.48%), Carbohydrates: 25.11g (8.37%), Net Carbohydrates: 22.95g (8.35%), Sugar: 21.65g (24.06%), Cholesterol: 29.28mg (9.76%), Sodium: 96.82mg (4.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.6mg (1.53%), Protein: 8.83g (17.67%), Calcium: 308.1mg (30.81%), Phosphorus: 268.22mg (26.82%), Vitamin B12: 1.32µg (21.96%), Vitamin B2: 0.37mg (21.56%), Vitamin D: 2.68µg (17.89%), Manganese: 0.29mg (14.27%), Potassium: 442.02mg (12.63%), Vitamin K: 12.2µg (11.62%), Magnesium: 43.42mg (10.85%), Vitamin B1: 0.16mg (10.67%), Vitamin B5: 0.99mg (9.89%), Vitamin B6: 0.18mg (9.1%), Fiber: 2.16g (8.64%), Vitamin A: 427.22IU (8.54%), Zinc: 1.24mg (8.25%), Selenium: 5.01µg (7.15%), Vitamin C: 5.74mg (6.95%), Copper: 0.12mg (6.1%), Vitamin E: 0.46mg (3.07%), Vitamin B3: 0.55mg (2.74%), Iron: 0.45mg (2.48%), Folate: 4.19µg (1.05%)