



Chocolate Covered Blueberry Smoothie

 Gluten Free

READY IN



5 min.

SERVINGS



1

CALORIES



337 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 1 cup blueberries frozen
- 1 tablespoon chocolate syrup
- 1 ounce chocolate mix hot instant
- 1 cup skim milk

Equipment

- blender

Directions

- Pour the milk, blueberries, hot cocoa mix, and chocolate syrup into the container of a blender. Blend to desired consistency, and pour into a tall glass.

Nutrition Facts



Properties

Glycemic Index:73.25, Glycemic Load:11.15, Inflammation Score:-7, Nutrition Score:15.221739053726%

Flavonoids

Cyanidin: 12.52mg, Cyanidin: 12.52mg, Cyanidin: 12.52mg, Cyanidin: 12.52mg Petunidin: 46.66mg, Petunidin: 46.66mg, Petunidin: 46.66mg, Petunidin: 46.66mg Delphinidin: 52.44mg, Delphinidin: 52.44mg, Delphinidin: 52.44mg, Delphinidin: 52.44mg Malvidin: 100.03mg, Malvidin: 100.03mg, Malvidin: 100.03mg, Malvidin: 100.03mg Peonidin: 30.03mg, Peonidin: 30.03mg, Peonidin: 30.03mg, Peonidin: 30.03mg Catechin: 7.83mg, Catechin: 7.83mg, Catechin: 7.83mg, Catechin: 7.83mg Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg Epicatechin: 0.92mg, Epicatechin: 0.92mg, Epicatechin: 0.92mg, Epicatechin: 0.92mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 2.46mg, Kaempferol: 2.46mg, Kaempferol: 2.46mg, Kaempferol: 2.46mg Myricetin: 1.92mg, Myricetin: 1.92mg, Myricetin: 1.92mg, Myricetin: 1.92mg Quercetin: 11.35mg, Quercetin: 11.35mg, Quercetin: 11.35mg, Quercetin: 11.35mg Gallocatechin: 0.18mg, Gallocatechin: 0.18mg, Gallocatechin: 0.18mg, Gallocatechin: 0.18mg

Nutrients (% of daily need)

Calories: 336.86kcal (16.84%), Fat: 5.16g (7.94%), Saturated Fat: 3.1g (19.38%), Carbohydrates: 67.72g (22.57%), Net Carbohydrates: 62.52g (22.73%), Sugar: 54.05g (60.06%), Cholesterol: 7.35mg (2.45%), Sodium: 357.3mg (15.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.77g (21.54%), Calcium: 363.43mg (36.34%), Phosphorus: 305.71mg (30.57%), Manganese: 0.58mg (29.05%), Vitamin K: 28.66µg (27.3%), Vitamin B12: 1.42µg (23.68%), Vitamin B2: 0.39mg (23.04%), Fiber: 5.21g (20.82%), Vitamin D: 2.69µg (17.97%), Vitamin C: 14.4mg (17.45%), Potassium: 567.91mg (16.23%), Vitamin B1: 0.19mg (12.92%), Magnesium: 51.28mg (12.82%), Vitamin A: 582.84IU (11.66%), Vitamin B6: 0.22mg (11.01%), Vitamin B5: 1.06mg (10.61%), Zinc: 1.49mg (9.9%), Copper: 0.19mg (9.58%), Selenium: 5.33µg (7.61%), Iron: 1.35mg (7.48%), Vitamin E: 0.85mg (5.65%), Vitamin B3: 0.97mg (4.86%), Folate: 14.18µg (3.55%)