



Chocolate-Raspberry Smoothies

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



5 min.

SERVINGS



2

CALORIES



140 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 1 cup raspberries frozen organic cascadian farm®
- 2 cups soymilk light
- 0.5 teaspoon vanilla

Equipment

- food processor
- blender

Directions

- Place all ingredients in blender or food processor. Cover; blend on low speed about 30 seconds or until smooth.
- Pour into 2 glasses.
- Serve immediately.

Nutrition Facts

PROTEIN 22.19% **FAT 33.16%** **CARBS 44.65%**

Properties

Glycemic Index:29.71, Glycemic Load:3.25, Inflammation Score:-7, Nutrition Score:18.790434795877%

Flavonoids

Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 140.28kcal (7.01%), Fat: 5.09g (7.83%), Saturated Fat: 0.5g (3.11%), Carbohydrates: 15.41g (5.14%), Net Carbohydrates: 10.56g (3.84%), Sugar: 8.75g (9.72%), Cholesterol: 0mg (0%), Sodium: 118.69mg (5.16%), Alcohol: 0.34g (100%), Alcohol %: 0.15% (100%), Protein: 7.66g (15.32%), Vitamin E: 6.47mg (43.13%), Vitamin B12: 2.55µg (42.48%), Vitamin B3: 8.13mg (40.66%), Vitamin C: 32.71mg (39.65%), Calcium: 345.51mg (34.55%), Vitamin B6: 0.58mg (29.16%), Vitamin B2: 0.49mg (29.02%), Folate: 88.12µg (22.03%), Manganese: 0.4mg (20.22%), Fiber: 4.84g (19.38%), Vitamin A: 947.28IU (18.95%), Vitamin D: 2.83µg (18.88%), Copper: 0.34mg (17.25%), Potassium: 424.84mg (12.14%), Vitamin B1: 0.17mg (11.04%), Iron: 1.57mg (8.73%), Selenium: 5.55µg (7.93%), Zinc: 0.82mg (5.46%), Vitamin K: 4.68µg (4.46%), Magnesium: 13.32mg (3.33%), Vitamin B5: 0.2mg (1.98%), Phosphorus: 17.46mg (1.75%)