



Chocolate Smoothies with Berries and Spinach



Gluten Free



Dairy Free



Very Healthy

READY IN



5 min.

SERVINGS



2

CALORIES



266 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 2 cups berries mixed frozen
- ☐ 4 oz pear puree 100%
- ☐ 0.3 cup pomegranate juice refrigerated 100%
- ☐ 6 tablespoons oats 'n chocolate protein granola

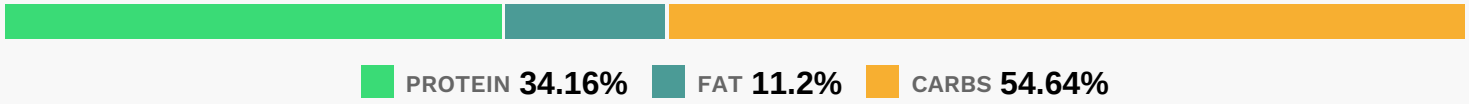
Equipment

- ☐ blender

Directions

- ☐ In blender, place all ingredients. Cover; blend on high speed about 1 minute or until smooth.
- ☐ Pour into glasses.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:25.88, Glycemic Load:3.93, Inflammation Score:-7, Nutrition Score:35.50347821868%

Flavonoids

Cyanidin: 7.56mg, Cyanidin: 7.56mg, Cyanidin: 7.56mg, Cyanidin: 7.56mg Petunidin: 28.15mg, Petunidin: 28.15mg, Petunidin: 28.15mg, Petunidin: 28.15mg Delphinidin: 33.73mg, Delphinidin: 33.73mg, Delphinidin: 33.73mg, Delphinidin: 33.73mg Malvidin: 76.96mg, Malvidin: 76.96mg, Malvidin: 76.96mg, Malvidin: 76.96mg Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg Peonidin: 0.73mg, Peonidin: 0.73mg, Peonidin: 0.73mg, Peonidin: 0.73mg Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 2.8mg, Luteolin: 2.8mg, Luteolin: 2.8mg, Luteolin: 2.8mg Kaempferol: 1.73mg, Kaempferol: 1.73mg, Kaempferol: 1.73mg, Kaempferol: 1.73mg Myricetin: 2.76mg, Myricetin: 2.76mg, Myricetin: 2.76mg, Myricetin: 2.76mg Quercetin: 7.54mg, Quercetin: 7.54mg, Quercetin: 7.54mg, Quercetin: 7.54mg

Nutrients (% of daily need)

Calories: 265.76kcal (13.29%), Fat: 3.77g (5.8%), Saturated Fat: 1.39g (8.71%), Carbohydrates: 41.37g (13.79%), Net Carbohydrates: 30.07g (10.94%), Sugar: 26.02g (28.91%), Cholesterol: 49.41mg (16.47%), Sodium: 177.86mg (7.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.87g (51.73%), Vitamin B6: 2.64mg (132.05%), Vitamin B3: 25.96mg (129.81%), Vitamin B2: 2.18mg (128.44%), Vitamin B1: 1.92mg (128.16%), Vitamin B5: 12.75mg (127.46%), Vitamin B12: 7.41µg (123.48%), Fiber: 11.3g (45.19%), Calcium: 306.15mg (30.61%), Vitamin C: 24.54mg (29.75%), Vitamin K: 31.04µg (29.56%), Potassium: 566.74mg (16.19%), Manganese: 0.29mg (14.66%), Vitamin A: 684.78IU (13.7%), Folate: 42.7µg (10.68%), Vitamin E: 1.37mg (9.15%), Copper: 0.12mg (6.03%), Magnesium: 15.6mg (3.9%), Phosphorus: 28.41mg (2.84%), Iron: 0.4mg (2.23%), Zinc: 0.19mg (1.25%)