



Chocolate Smoothies with Berries and Spinach



Gluten Free



Dairy Free



Very Healthy

READY IN



5 min.

SERVINGS



2

CALORIES



245 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 2 cups berries mixed frozen
- ☐ 6 tablespoons oats 'n chocolate protein granola
- ☐ 0.3 cup pomegranate juice refrigerated 100%
- ☐ 4 oz pkt spinach green 100% giant®

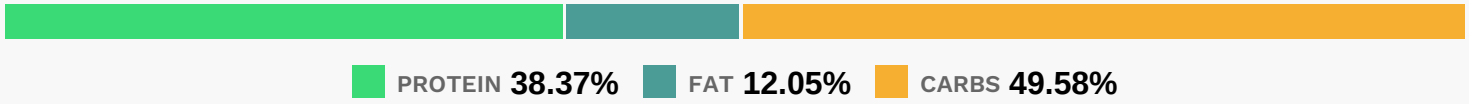
Equipment

- ☐ 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:16, Glycemic Load:0.26, Inflammation Score:-10, Nutrition Score:45.735652130583%

Flavonoids

Cyanidin: 7.51mg, Cyanidin: 7.51mg, Cyanidin: 7.51mg, Cyanidin: 7.51mg Petunidin: 28.15mg, Petunidin: 28.15mg, Petunidin: 28.15mg, Petunidin: 28.15mg Delphinidin: 33.72mg, Delphinidin: 33.72mg, Delphinidin: 33.72mg, Delphinidin: 33.72mg Malvidin: 76.96mg, Malvidin: 76.96mg, Malvidin: 76.96mg, Malvidin: 76.96mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Peonidin: 0.73mg, Peonidin: 0.73mg, Peonidin: 0.73mg, Peonidin: 0.73mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 3.21mg, Luteolin: 3.21mg, Luteolin: 3.21mg, Luteolin: 3.21mg Kaempferol: 5.32mg, Kaempferol: 5.32mg, Kaempferol: 5.32mg, Kaempferol: 5.32mg Myricetin: 2.93mg, Myricetin: 2.93mg, Myricetin: 2.93mg, Myricetin: 2.93mg Quercetin: 9.79mg, Quercetin: 9.79mg, Quercetin: 9.79mg, Quercetin: 9.79mg

Nutrients (% of daily need)

Calories: 244.78kcal (12.24%), Fat: 3.77g (5.8%), Saturated Fat: 1.38g (8.6%), Carbohydrates: 34.92g (11.64%), Net Carbohydrates: 23.29g (8.47%), Sugar: 18.49g (20.55%), Cholesterol: 49.41mg (16.47%), Sodium: 222.08mg (9.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.02g (54.05%), Vitamin K: 302.51µg (288.11%), Vitamin B6: 2.68mg (134.2%), Vitamin B2: 2.27mg (133.48%), Vitamin B1: 1.95mg (130.05%), Vitamin B3: 25.99mg (129.97%), Vitamin B5: 12.67mg (126.72%), Vitamin B12: 7.41µg (123.48%), Vitamin A: 5387.97IU (107.76%), Fiber: 11.64g (46.55%), Manganese: 0.77mg (38.3%), Calcium: 356.04mg (35.6%), Folate: 128.32µg (32.08%), Vitamin C: 19.84mg (24.05%), Potassium: 787.86mg (22.51%), Magnesium: 54.72mg (13.68%), Vitamin E: 2.01mg (13.42%), Iron: 1.85mg (10.26%), Copper: 0.13mg (6.57%), Phosphorus: 48.26mg (4.83%), Zinc: 0.44mg (2.91%), Selenium: 0.82µg (1.16%)