



Coconut-Blueberry Smoothie



Vegetarian



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



2

CALORIES



214 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 1.5 cups blueberries fresh frozen thawed (or ,)
- ☐ 1 tablespoon mint leaves fresh
- ☐ 1 teaspoon honey ()
- ☐ 1 teaspoon juice of lime fresh ()
- ☐ 0.5 cup coconut milk unsweetened

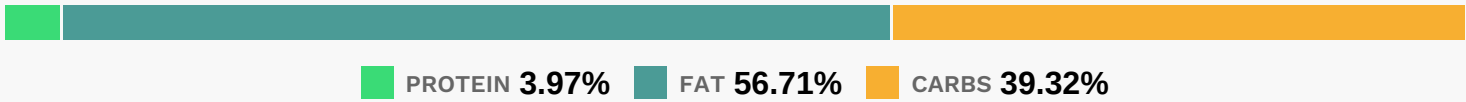
Equipment

- ☐ blender

Directions

- ☐ Purée blueberries, coconut milk, mint, limejuice, honey, and 1 cup ice in a blender until smooth.
- ☐ Add more lime juice and honey, if desired.
- ☐ Per serving: 170 calories, 13 g fat, 5 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:46.14, Glycemic Load:6.88, Inflammation Score:-5, Nutrition Score:8.1817389467488%

Flavonoids

Cyanidin: 9.39mg, Cyanidin: 9.39mg, Cyanidin: 9.39mg, Cyanidin: 9.39mg Petunidin: 35mg, Petunidin: 35mg, Petunidin: 35mg, Petunidin: 35mg Delphinidin: 39.33mg, Delphinidin: 39.33mg, Delphinidin: 39.33mg, Delphinidin: 39.33mg Malvidin: 75.02mg, Malvidin: 75.02mg, Malvidin: 75.02mg, Malvidin: 75.02mg Peonidin: 22.52mg, Peonidin: 22.52mg, Peonidin: 22.52mg, Peonidin: 22.52mg Catechin: 5.87mg, Catechin: 5.87mg, Catechin: 5.87mg, Catechin: 5.87mg Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg Eriodictyol: 0.83mg, Eriodictyol: 0.83mg, Eriodictyol: 0.83mg, Eriodictyol: 0.83mg Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Kaempferol: 1.84mg, Kaempferol: 1.84mg, Kaempferol: 1.84mg, Kaempferol: 1.84mg Myricetin: 1.44mg, Myricetin: 1.44mg, Myricetin: 1.44mg, Myricetin: 1.44mg Quercetin: 8.53mg, Quercetin: 8.53mg, Quercetin: 8.53mg, Quercetin: 8.53mg Gallocatechin: 0.13mg, Gallocatechin: 0.13mg, Gallocatechin: 0.13mg, Gallocatechin: 0.13mg

Nutrients (% of daily need)

Calories: 214.29kcal (10.71%), Fat: 14.67g (22.57%), Saturated Fat: 12.7g (79.36%), Carbohydrates: 22.89g (7.63%), Net Carbohydrates: 18.68g (6.79%), Sugar: 15.98g (17.75%), Cholesterol: 0mg (0%), Sodium: 11.07mg (0.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.31g (4.62%), Manganese: 0.96mg (47.76%), Vitamin K: 21.5µg (20.47%), Vitamin C: 14.01mg (16.98%), Fiber: 4.2g (16.8%), Copper: 0.23mg (11.65%), Iron: 1.44mg (7.99%), Magnesium: 31.13mg (7.78%), Phosphorus: 75.64mg (7.56%), Potassium: 262.24mg (7.49%), Selenium: 3.86µg (5.52%), Folate: 19.43µg (4.86%), Vitamin B3: 0.97mg (4.85%), Vitamin E: 0.73mg (4.85%), Vitamin B6: 0.08mg (4.13%), Zinc: 0.62mg (4.11%), Vitamin B1: 0.06mg (3.96%), Vitamin A: 167.39IU (3.35%), Vitamin B2: 0.05mg (3.17%), Vitamin B5: 0.26mg (2.61%), Calcium: 22.9mg (2.29%)