



## Cran-Berry Green-Tea Smoothie

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



32 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

### Ingredients

- 1 banana ripe
- 0.5 cup blackberries frozen
- 0.3 cup blueberries frozen
- 0.5 cup cranberries frozen
- 0.5 cup tea green cooled room temperature brewed
- 2 tablespoons brown sugar light packed
- 0.3 cup soymilk plain
- 5 strawberries whole frozen

# Equipment

blender

# Directions

In a blender, whirl all ingredients until smooth.

# Nutrition Facts



# Properties

Glycemic Index:23.82, Glycemic Load:1.95, Inflammation Score:-3, Nutrition Score:2.1608695452628%

# Flavonoids

Cyanidin: 9.93mg, Cyanidin: 9.93mg, Cyanidin: 9.93mg, Cyanidin: 9.93mg Petunidin: 1.17mg, Petunidin: 1.17mg, Petunidin: 1.17mg, Petunidin: 1.17mg Delphinidin: 1.71mg, Delphinidin: 1.71mg, Delphinidin: 1.71mg, Delphinidin: 1.71mg Malvidin: 2.52mg, Malvidin: 2.52mg, Malvidin: 2.52mg, Malvidin: 2.52mg Pelargonidin: 1.54mg, Pelargonidin: 1.54mg, Pelargonidin: 1.54mg, Pelargonidin: 1.54mg Peonidin: 3.23mg, Peonidin: 3.23mg, Peonidin: 3.23mg, Peonidin: 3.23mg Catechin: 3.97mg, Catechin: 3.97mg, Catechin: 3.97mg, Catechin: 3.97mg Epigallocatechin: 1.07mg, Epigallocatechin: 1.07mg, Epigallocatechin: 1.07mg, Epigallocatechin: 1.07mg Epicatechin: 0.86mg, Epicatechin: 0.86mg, Epicatechin: 0.86mg, Epicatechin: 0.86mg Epicatechin 3-gallate: 0.7mg, Epicatechin 3-gallate: 0.7mg, Epicatechin 3-gallate: 0.7mg, Epicatechin 3-gallate: 0.7mg Epigallocatechin 3-gallate: 1.21mg, Epigallocatechin 3-gallate: 1.21mg, Epigallocatechin 3-gallate: 1.21mg, Epigallocatechin 3-gallate: 1.21mg Theaflavin: 0.19mg, Theaflavin: 0.19mg, Theaflavin: 0.19mg, Theaflavin: 0.19mg Thearubigins: 9.59mg, Thearubigins: 9.59mg, Thearubigins: 9.59mg, Thearubigins: 9.59mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg Theaflavin-3,3'-digallate: 0.21mg, Theaflavin-3,3'-digallate: 0.21mg, Theaflavin-3,3'-digallate: 0.21mg, Theaflavin-3,3'-digallate: 0.21mg Theaflavin-3'-gallate: 0.18mg, Theaflavin-3'-gallate: 0.18mg, Theaflavin-3'-gallate: 0.18mg, Theaflavin-3'-gallate: 0.18mg Gallocatechin: 0.15mg, Gallocatechin: 0.15mg, Gallocatechin: 0.15mg, Gallocatechin: 0.15mg

# Nutrients (% of daily need)

Calories: 31.82kcal (1.59%), Fat: 0.23g (0.35%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 7.57g (2.52%), Net Carbohydrates: 6.47g (2.35%), Sugar: 5.14g (5.72%), Cholesterol: 0mg (0%), Sodium: 4.36mg (0.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.5g (0.99%), Vitamin C: 7.55mg (9.15%), Manganese: 0.16mg (7.97%), Fiber: 1.1g (4.4%), Vitamin B6: 0.07mg (3.39%), Vitamin K: 2.58µg (2.46%), Potassium: 85.81mg (2.45%), Vitamin E: 0.35mg

(2.33%), Folate: 8.37µg (2.09%), Copper: 0.04mg (1.92%), Vitamin B3: 0.37mg (1.83%), Vitamin B2: 0.03mg (1.63%), Magnesium: 6.5mg (1.62%), Calcium: 14.51mg (1.45%), Vitamin B12: 0.06µg (1.06%), Vitamin A: 51.87IU (1.04%)