



Cranberry-Orange Power Smoothie

 Vegetarian  Gluten Free

READY IN

ready

10 min.

SERVINGS

servings

2

CALORIES

calories

242 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 1 large banana
- ☐ 1 cup 1/4 cup dried cranberry (juice sweetened if possible)
- ☐ 1 cup ice cubes
- ☐ 1 medium cranberry-orange relish peeled
- ☐ 0.3 cup raspberry sherbet
- ☐ 0.5 cup strawberries hulled
- ☐ 0.3 cup whey powder

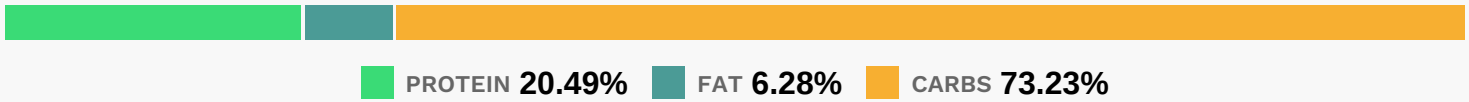
Equipment

- ☐ bowl
- ☐ blender
- ☐ drinking straws

Directions

- ☐ Place cranberry juice, banana, orange, strawberries, sherbet, ice, and protein powder in the bowl of a blender. Blend on high speed until smooth, about one minute. Adjust the consistency by adding more sherbet if it's too thin, or more cranberry juice if it's too thick.
- ☐ Pour into two glasses and use a straw!

Nutrition Facts



Properties

Glycemic Index:134.14, Glycemic Load:22.6, Inflammation Score:-6, Nutrition Score:11.960869370595%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 5.27mg, Catechin: 5.27mg, Catechin: 5.27mg, Catechin: 5.27mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Hesperetin: 17.85mg, Hesperetin: 17.85mg, Hesperetin: 17.85mg, Hesperetin: 17.85mg Naringenin: 10.13mg, Naringenin: 10.13mg, Naringenin: 10.13mg, Naringenin: 10.13mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 241.65kcal (12.08%), Fat: 1.85g (2.84%), Saturated Fat: 0.54g (3.4%), Carbohydrates: 48.4g (16.13%), Net Carbohydrates: 43.98g (15.99%), Sugar: 36.88g (40.98%), Cholesterol: 22.69mg (7.56%), Sodium: 38.24mg (1.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.54g (27.09%), Vitamin C: 74.12mg (89.84%), Vitamin B6: 0.38mg (18.79%), Fiber: 4.43g (17.71%), Manganese: 0.34mg (17.05%), Potassium: 572.74mg (16.36%), Vitamin E:

1.81mg (12.07%), Magnesium: 46.59mg (11.65%), Folate: 43.9µg (10.97%), Calcium: 103.12mg (10.31%), Copper: 0.19mg (9.67%), Phosphorus: 95.32mg (9.53%), Iron: 1.63mg (9.07%), Vitamin B2: 0.12mg (7.32%), Vitamin K: 7.58µg (7.22%), Vitamin B1: 0.1mg (6.87%), Vitamin A: 296.65IU (5.93%), Vitamin B5: 0.48mg (4.77%), Vitamin B3: 0.9mg (4.51%), Zinc: 0.43mg (2.84%), Selenium: 1.56µg (2.22%)