



Crawford Berry Smoothie

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



10 min.

SERVINGS



1

CALORIES



363 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 1 tablespoon agave nectar
- 1 banana
- 1 tablespoon ground flax seed meal
- 1 cup soy milk
- 1 cup strawberries whole
- 0.3 teaspoon vanilla extract

Equipment

- blender

Directions

Blend strawberries, soy milk, banana, agave nectar, flax seed, and vanilla extract in a blender until creamy.

Nutrition Facts

 PROTEIN **11.15%**  FAT **20.49%**  CARBS **68.36%**

Properties

Glycemic Index:175.19, Glycemic Load:21.17, Inflammation Score:-9, Nutrition Score:30.036956683449%

Flavonoids

Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 11.68mg, Catechin: 11.68mg, Catechin: 11.68mg, Catechin: 11.68mg Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg Epicatechin: 0.63mg, Epicatechin: 0.63mg, Epicatechin: 0.63mg, Epicatechin: 0.63mg Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 362.66kcal (18.13%), Fat: 8.57g (13.18%), Saturated Fat: 0.9g (5.6%), Carbohydrates: 64.3g (21.43%), Net Carbohydrates: 55.45g (20.16%), Sugar: 41.92g (46.58%), Cholesterol: 0mg (0%), Sodium: 123.65mg (5.38%), Alcohol: 0.34g (100%), Alcohol %: 0.08% (100%), Protein: 10.49g (20.98%), Vitamin C: 115.54mg (140.05%), Vitamin B6: 1.13mg (56.66%), Manganese: 1.05mg (52.58%), Vitamin B3: 9.47mg (47.37%), Vitamin E: 6.71mg (44.74%), Vitamin B12: 2.55µg (42.48%), Calcium: 377.51mg (37.75%), Vitamin B2: 0.63mg (37.31%), Folate: 146.07µg (36.52%), Fiber: 8.85g (35.38%), Potassium: 1034.75mg (29.56%), Copper: 0.54mg (26.97%), Vitamin B1: 0.36mg (23.87%), Vitamin A: 1020.28IU (20.41%), Magnesium: 78.35mg (19.59%), Vitamin D: 2.83µg (18.88%), Iron: 2.47mg (13.75%), Selenium: 9.32µg (13.31%), Phosphorus: 105.73mg (10.57%), Vitamin K: 8.78µg (8.37%), Zinc: 1.25mg (8.35%), Vitamin B5: 0.64mg (6.43%)