



Delicious Blueberry Smoothie

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



182 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 0.3 cup apple juice
- 1 banana frozen
- 0.5 cup blueberries frozen
- 1 tablespoon iced tea powder instant

Equipment

- blender

Directions

Place the apple juice, iced tea powder, blueberries, banana, and lemon juice into a blender pitcher. Blend on high until smooth.

Nutrition Facts

PROTEIN 3.82% **FAT 3.24%** **CARBS 92.94%**

Properties

Glycemic Index:135.53, Glycemic Load:19.44, Inflammation Score:-5, Nutrition Score:8.4147826174031%

Flavonoids

Cyanidin: 6.27mg, Cyanidin: 6.27mg, Cyanidin: 6.27mg, Cyanidin: 6.27mg Petunidin: 23.33mg, Petunidin: 23.33mg, Petunidin: 23.33mg, Petunidin: 23.33mg Delphinidin: 26.22mg, Delphinidin: 26.22mg, Delphinidin: 26.22mg, Delphinidin: 26.22mg Malvidin: 50.02mg, Malvidin: 50.02mg, Malvidin: 50.02mg, Malvidin: 50.02mg Peonidin: 15.01mg, Peonidin: 15.01mg, Peonidin: 15.01mg, Peonidin: 15.01mg Catechin: 11.89mg, Catechin: 11.89mg, Catechin: 11.89mg, Catechin: 11.89mg Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg Epicatechin: 3.4mg, Epicatechin: 3.4mg, Epicatechin: 3.4mg, Epicatechin: 3.4mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg Myricetin: 0.98mg, Myricetin: 0.98mg, Myricetin: 0.98mg, Myricetin: 0.98mg Quercetin: 6.11mg, Quercetin: 6.11mg, Quercetin: 6.11mg, Quercetin: 6.11mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 181.57kcal (9.08%), Fat: 0.71g (1.1%), Saturated Fat: 0.17g (1.04%), Carbohydrates: 46.11g (15.37%), Net Carbohydrates: 41.14g (14.96%), Sugar: 29.18g (32.42%), Cholesterol: 0mg (0%), Sodium: 5mg (0.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.9g (3.79%), Manganese: 0.64mg (31.86%), Vitamin B6: 0.48mg (24.14%), Vitamin C: 18mg (21.82%), Fiber: 4.97g (19.87%), Potassium: 543.54mg (15.53%), Vitamin K: 14.87µg (14.16%), Magnesium: 39.55mg (9.89%), Vitamin B2: 0.13mg (7.47%), Copper: 0.14mg (7.12%), Folate: 28.04µg (7.01%), Vitamin B3: 1.14mg (5.7%), Vitamin B5: 0.52mg (5.16%), Vitamin B1: 0.08mg (5.13%), Phosphorus: 39.33mg (3.93%), Vitamin E: 0.55mg (3.64%), Iron: 0.59mg (3.27%), Vitamin A: 116.1IU (2.32%), Zinc: 0.31mg (2.06%), Selenium: 1.32µg (1.88%), Calcium: 15.75mg (1.58%)