



## Delicious Blueberry Smoothie

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



185 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
- 1 tablespoon juice of lemon


### 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 3.84%**  **FAT 3.32%**  **CARBS 92.84%**

## Properties

Glycemic Index:135.53, Glycemic Load:19.44, Inflammation Score:-5, Nutrition Score:8.8639130385026%

## 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 Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg 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: 6.16mg, Quercetin: 6.16mg, Quercetin: 6.16mg, Quercetin: 6.16mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

## Nutrients (% of daily need)

Calories: 184.87kcal (9.24%), Fat: 0.75g (1.15%), Saturated Fat: 0.17g (1.08%), Carbohydrates: 47.14g (15.71%), Net Carbohydrates: 42.13g (15.32%), Sugar: 29.55g (32.84%), Cholesterol: 0mg (0%), Sodium: 5.15mg (0.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.95g (3.9%), Manganese: 0.64mg (31.95%), Vitamin C: 23.81mg (28.86%), Vitamin B6: 0.49mg (24.48%), Fiber: 5.01g (20.05%), Potassium: 558.99mg (15.97%), Vitamin K: 14.87µg (14.16%), Magnesium: 40.45mg (10.11%), Folate: 31.04µg (7.76%), Vitamin B2: 0.13mg (7.6%), Copper: 0.14mg (7.24%), Vitamin B3: 1.15mg (5.76%), Vitamin B1: 0.08mg (5.37%), Vitamin B5: 0.54mg (5.36%), Phosphorus: 40.53mg (4.05%), Vitamin E: 0.57mg (3.79%), Iron: 0.6mg (3.34%), Vitamin A: 117IU (2.34%), Zinc: 0.32mg (2.11%), Selenium: 1.33µg (1.9%), Calcium: 16.65mg (1.67%)