



## Four-Berry Blast Fruit Smoothie

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



261 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

### Ingredients

- 0.5 cup blackberries frozen
- 0.5 cup blueberries frozen
- 2 tablespoons lemonade concentrate
- 0.5 cup raspberries unsweetened frozen
- 0.5 cup strawberries unsweetened frozen
- 1 tablespoon sugar
- 0.5 teaspoon vanilla extract
- 5.5 cups milk whole (do not use skim)

# Equipment

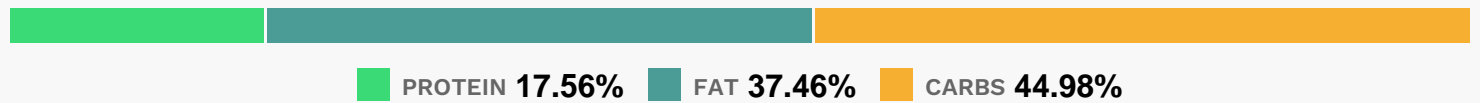
blender

# Directions

Place first five items into a blender and pulse a few times.

Add the next berry and pulse 2–3 times. Repeat until all berries have been added, then blend on high until smooth.

# Nutrition Facts



# Properties

Glycemic Index:59.77, Glycemic Load:9.76, Inflammation Score:-6, Nutrition Score:14.96347826087%

# Flavonoids

Cyanidin: 26.72mg, Cyanidin: 26.72mg, Cyanidin: 26.72mg, Cyanidin: 26.72mg Petunidin: 5.9mg, Petunidin: 5.9mg, Petunidin: 5.9mg, Petunidin: 5.9mg Delphinidin: 6.81mg, Delphinidin: 6.81mg, Delphinidin: 6.81mg, Delphinidin: 6.81mg Malvidin: 12.53mg, Malvidin: 12.53mg, Malvidin: 12.53mg, Malvidin: 12.53mg Pelargonidin: 4.7mg, Pelargonidin: 4.7mg, Pelargonidin: 4.7mg Peonidin: 3.82mg, Peonidin: 3.82mg, Peonidin: 3.82mg, Peonidin: 3.82mg Catechin: 8.41mg, Catechin: 8.41mg, Catechin: 8.41mg, Catechin: 8.41mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 1.56mg, Epicatechin: 1.56mg, Epicatechin: 1.56mg, Epicatechin: 1.56mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

# Taste

Sweetness: 100%, Saltiness: 59%, Sourness: 45.32%, Bitterness: 24.58%, Savoriness: 48.23%, Fattiness: 62.98%, Spiciness: 0%

# Nutrients (% of daily need)

Calories: 260.63kcal (13.03%), Fat: 11.1g (17.07%), Saturated Fat: 6.26g (39.1%), Carbohydrates: 29.99g (10%), Net Carbohydrates: 27.23g (9.9%), Sugar: 26.75g (29.72%), Cholesterol: 40.26mg (13.42%), Sodium: 128.78mg (5.6%), Protein: 11.71g (23.42%), Calcium: 426.23mg (42.62%), Phosphorus: 354.25mg (35.43%), Vitamin B12: 1.81µg (30.19%), Vitamin B2: 0.49mg (28.59%), Vitamin C: 21.06mg (25.52%), Vitamin D: 3.69µg (24.6%), Manganese: 0.36mg (18.2%), Potassium: 602.97mg (17.23%), Vitamin B5: 1.4mg (14.05%), Vitamin B1: 0.21mg (13.93%), Magnesium: 51.19mg (12.8%), Vitamin A: 599.13IU (11.98%), Vitamin B6: 0.24mg (11.9%), Fiber: 2.76g (11.02%), Zinc: 1.59mg (10.62%), Selenium: 6.61µg (9.45%), Vitamin K: 9.72µg (9.26%), Vitamin E: 0.67mg (4.49%), Vitamin B3: 0.72mg (3.58%), Folate: 13.6µg (3.4%), Copper: 0.07mg (3.36%), Iron: 0.35mg (1.94%)