



Four-Berry Smoothie

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



295 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 0.8 cup blueberries fresh
- 4 servings blueberries fresh
- 0.5 cup 1/4 cup dried cranberry (juice sweetened if possible)
- 1 tablespoon juice of lemon
- 0.5 cup raspberries fresh
- 1 cup strawberries fresh sliced
- 2 tablespoons sugar
- 2 cups whipped cream softened

Equipment

blender

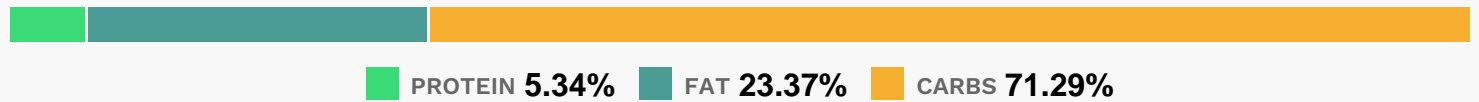
Directions

Process first 7 ingredients in a blender.

Add ice cubes to 4 1/2-cup level; process until smooth, stopping once to scrape down sides.

Garnish, if desired; serve immediately.

Nutrition Facts



Properties

Glycemic Index:83.27, Glycemic Load:25.09, Inflammation Score:-7, Nutrition Score:12.866086882094%

Flavonoids

Cyanidin: 22.34mg, Cyanidin: 22.34mg, Cyanidin: 22.34mg, Cyanidin: 22.34mg Petunidin: 55.5mg, Petunidin: 55.5mg, Petunidin: 55.5mg, Petunidin: 55.5mg Delphinidin: 62.58mg, Delphinidin: 62.58mg, Delphinidin: 62.58mg, Delphinidin: 62.58mg Malvidin: 118.81mg, Malvidin: 118.81mg, Malvidin: 118.81mg, Malvidin: 118.81mg Pelargonidin: 9.09mg, Pelargonidin: 9.09mg, Pelargonidin: 9.09mg, Pelargonidin: 9.09mg Peonidin: 35.7mg, Peonidin: 35.7mg, Peonidin: 35.7mg, Peonidin: 35.7mg Catechin: 10.61mg, Catechin: 10.61mg, Catechin: 10.61mg, Catechin: 10.61mg Epigallocatechin: 1.51mg, Epigallocatechin: 1.51mg, Epigallocatechin: 1.51mg, Epigallocatechin: 1.51mg Epicatechin: 1.77mg, Epicatechin: 1.77mg, Epicatechin: 1.77mg, Epicatechin: 1.77mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 3.11mg, Kaempferol: 3.11mg, Kaempferol: 3.11mg, Kaempferol: 3.11mg Myricetin: 2.3mg, Myricetin: 2.3mg, Myricetin: 2.3mg, Myricetin: 2.3mg Quercetin: 14.05mg, Quercetin: 14.05mg, Quercetin: 14.05mg, Quercetin: 14.05mg Gallocatechin: 0.22mg, Gallocatechin: 0.22mg, Gallocatechin: 0.22mg, Gallocatechin: 0.22mg

Nutrients (% of daily need)

Calories: 294.59kcal (14.73%), Fat: 8.11g (12.48%), Saturated Fat: 4.54g (28.4%), Carbohydrates: 55.7g (18.57%), Net Carbohydrates: 49.28g (17.92%), Sugar: 43.83g (48.7%), Cholesterol: 29.04mg (9.68%), Sodium: 55.8mg (2.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.17g (8.34%), Vitamin C: 46.93mg (56.89%), Manganese:

0.84mg (41.8%), Vitamin K: 37.69µg (35.9%), Fiber: 6.42g (25.67%), Vitamin B2: 0.25mg (14.79%), Vitamin E: 1.82mg (12.13%), Phosphorus: 107.79mg (10.78%), Calcium: 107.35mg (10.74%), Potassium: 372.73mg (10.65%), Vitamin B6: 0.17mg (8.32%), Copper: 0.16mg (8.23%), Vitamin A: 396.49IU (7.93%), Magnesium: 29.89mg (7.47%), Vitamin B1: 0.11mg (7.28%), Vitamin B5: 0.7mg (7.01%), Folate: 26.7µg (6.68%), Zinc: 0.88mg (5.89%), Vitamin B3: 1.07mg (5.36%), Iron: 0.89mg (4.93%), Vitamin B12: 0.26µg (4.29%), Selenium: 1.61µg (2.3%)