

# Four-Berry Smoothies

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



2

CALORIES



181 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

## Ingredients

- 0.5 cup blackberries frozen
- 0.5 cup blueberries frozen
- 1.5 cups skim milk fat-free
- 2 tablespoons lemonade concentrate
- 0.5 cup raspberries unsweetened frozen
- 0.5 cup strawberries unsweetened frozen
- 1 tablespoon sugar
- 0.5 teaspoon vanilla extract

# Equipment

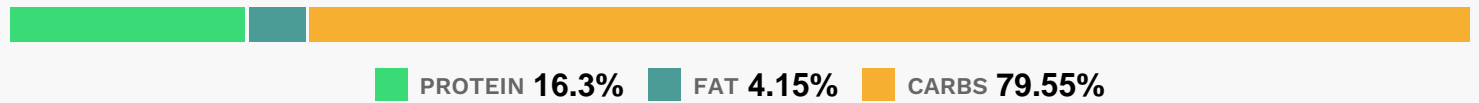
blender

# Directions

In a blender, combine all the ingredients. Cover and process until smooth.

Pour into chilled glasses; serve immediately.

# Nutrition Facts



# Properties

Glycemic Index:117.17, Glycemic Load:10.59, Inflammation Score:-7, Nutrition Score:14.34521737306%

# Flavonoids

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# Nutrients (% of daily need)

Calories: 181.13kcal (9.06%), Fat: 0.87g (1.34%), Saturated Fat: 0.12g (0.75%), Carbohydrates: 37.63g (12.54%), Net Carbohydrates: 32.12g (11.68%), Sugar: 30.5g (33.89%), Cholesterol: 5.51mg (1.84%), Sodium: 77.91mg (3.39%), Alcohol: 0.34g (100%), Alcohol %: 0.13% (100%), Protein: 7.71g (15.42%), Vitamin C: 42.11mg (51.05%), Manganese: 0.71mg (35.34%), Calcium: 269.68mg (26.97%), Phosphorus: 227.41mg (22.74%), Fiber: 5.51g (22.04%), Vitamin B12: 1.07µg (17.76%), Vitamin B2: 0.29mg (16.86%), Vitamin K: 17.43µg (16.6%), Potassium: 506.3mg (14.47%), Vitamin D: 2.02µg (13.48%), Magnesium: 43.91mg (10.98%), Vitamin A: 486.09IU (9.72%), Vitamin B1: 0.15mg (9.67%), Vitamin

B5: 0.96mg (9.62%), Vitamin B6: 0.17mg (8.66%), Zinc: 1.26mg (8.41%), Folate: 30.87µg (7.72%), Vitamin E: 1.01mg (6.74%), Copper: 0.13mg (6.58%), Selenium: 4.16µg (5.94%), Vitamin B3: 0.94mg (4.71%), Iron: 0.7mg (3.88%)