

From the Blender: Purple Superfoods Smoothie

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

READY IN



5 min.

SERVINGS



2

CALORIES



169 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 1 cup vanilla almond milk homemade (or purchased)
- 1.5 cups blueberries frozen
- 1 tablespoon cacao nibs raw
- 2 medjool dates pitted
- 0.3 teaspoon vanilla extract

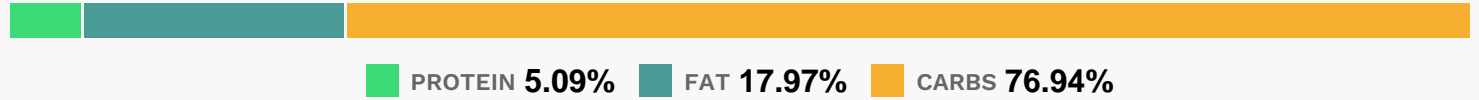
Equipment

- blender

Directions

Combine all ingredients in a blender and puree until perfectly smooth. Divide between two glasses and serve immediately.

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:5.37, Inflammation Score:-5, Nutrition Score:6.6034782204939%

Flavonoids

Cyanidin: 9.39mg, Cyanidin: 9.39mg, Cyanidin: 9.39mg, Cyanidin: 9.39mg Petunidin: 35mg, Petunidin: 35mg, Petunidin: 35mg, Petunidin: 35mg Delphinidin: 39.33mg, Delphinidin: 39.33mg, Delphinidin: 39.33mg, Delphinidin: 39.33mg Malvidin: 75.02mg, Malvidin: 75.02mg, Malvidin: 75.02mg, Malvidin: 75.02mg Peonidin: 22.52mg, Peonidin: 22.52mg, Peonidin: 22.52mg, Peonidin: 22.52mg Catechin: 5.87mg, Catechin: 5.87mg, Catechin: 5.87mg, Catechin: 5.87mg Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 1.84mg, Kaempferol: 1.84mg, Kaempferol: 1.84mg, Kaempferol: 1.84mg Myricetin: 1.44mg, Myricetin: 1.44mg, Myricetin: 1.44mg, Myricetin: 1.44mg Quercetin: 8.51mg, Quercetin: 8.51mg, Quercetin: 8.51mg, Quercetin: 8.51mg Gallocatechin: 0.13mg, Gallocatechin: 0.13mg, Gallocatechin: 0.13mg, Gallocatechin: 0.13mg

Nutrients (% of daily need)

Calories: 168.92kcal (8.45%), Fat: 3.66g (5.64%), Saturated Fat: 1.23g (7.68%), Carbohydrates: 35.29g (11.76%), Net Carbohydrates: 30.17g (10.97%), Sugar: 27.23g (30.26%), Cholesterol: 0mg (0%), Sodium: 163.9mg (7.13%), Alcohol: 0.17g (100%), Alcohol %: 0.08% (100%), Protein: 2.34g (4.67%), Manganese: 0.45mg (22.26%), Vitamin K: 22.07µg (21.02%), Fiber: 5.12g (20.46%), Calcium: 172.07mg (17.21%), Vitamin C: 10.77mg (13.05%), Copper: 0.15mg (7.53%), Potassium: 253.25mg (7.24%), Magnesium: 24.26mg (6.07%), Vitamin B6: 0.12mg (5.88%), Vitamin B3: 0.85mg (4.26%), Vitamin E: 0.63mg (4.22%), Vitamin B2: 0.06mg (3.55%), Vitamin B1: 0.05mg (3.54%), Vitamin B5: 0.33mg (3.31%), Iron: 0.53mg (2.93%), Phosphorus: 28.23mg (2.82%), Folate: 10.26µg (2.57%), Vitamin A: 95.7IU (1.91%), Zinc: 0.28mg (1.89%)