



 **54%**  
HEALTH SCORE

## Ginger, Berries, and Oats Smoothie

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



174 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

### Ingredients

- 1 cup blackberries fresh
- 0.5 teaspoon ginger fresh grated peeled
- 1 teaspoon honey
- 0.5 cup ice cubes
- 0.3 cup milk 1% low-fat
- 0.3 cup oatmeal prepared
- 0.5 cup strawberries sliced

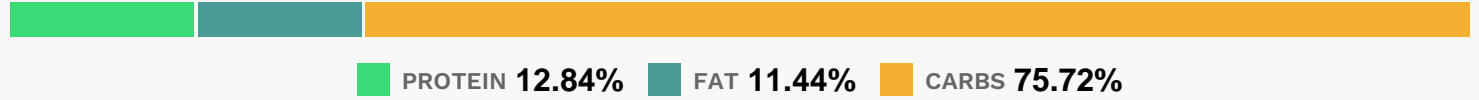
### Equipment

blender

## Directions

Place ingredients in a blender; process until smooth.

## Nutrition Facts



## Properties

Glycemic Index:192.77, Glycemic Load:9.85, Inflammation Score:-8, Nutrition Score:18.490434563678%

## Flavonoids

Cyanidin: 145.14mg, Cyanidin: 145.14mg, Cyanidin: 145.14mg, Cyanidin: 145.14mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 18.54mg, Pelargonidin: 18.54mg, Pelargonidin: 18.54mg, Pelargonidin: 18.54mg Peonidin: 0.34mg, Peonidin: 0.34mg, Peonidin: 0.34mg, Peonidin: 0.34mg Catechin: 55.61mg, Catechin: 55.61mg, Catechin: 55.61mg, Catechin: 55.61mg Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg Epicatechin: 7.01mg, Epicatechin: 7.01mg, Epicatechin: 7.01mg, Epicatechin: 7.01mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 1.06mg, Epigallocatechin 3-gallate: 1.06mg, Epigallocatechin 3-gallate: 1.06mg, Epigallocatechin 3-gallate: 1.06mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg Myricetin: 0.99mg, Myricetin: 0.99mg, Myricetin: 0.99mg, Myricetin: 0.99mg Quercetin: 5.95mg, Quercetin: 5.95mg, Quercetin: 5.95mg, Quercetin: 5.95mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

## Nutrients (% of daily need)

Calories: 173.83kcal (8.69%), Fat: 2.38g (3.66%), Saturated Fat: 0.55g (3.43%), Carbohydrates: 35.38g (11.79%), Net Carbohydrates: 25.28g (9.19%), Sugar: 19.4g (21.55%), Cholesterol: 2.95mg (0.98%), Sodium: 33.83mg (1.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6g (12%), Vitamin C: 72.66mg (88.07%), Manganese: 1.56mg (77.81%), Fiber: 10.1g (40.39%), Vitamin K: 30.33µg (28.89%), Copper: 0.34mg (16.98%), Magnesium: 62.74mg (15.69%), Phosphorus: 155.27mg (15.53%), Folate: 58.21µg (14.55%), Potassium: 485.87mg (13.88%), Calcium: 137mg (13.7%), Vitamin E: 1.95mg (13.03%), Zinc: 1.73mg (11.54%), Iron: 1.75mg (9.71%), Vitamin B5: 0.89mg (8.89%), Vitamin B2: 0.15mg (8.72%), Vitamin A: 432.44IU (8.65%), Vitamin B1: 0.12mg (8.29%), Selenium: 5.32µg (7.59%), Vitamin B3: 1.42mg (7.11%), Vitamin B12: 0.36µg (6%), Vitamin B6: 0.12mg (5.93%), Vitamin D: 0.65µg (4.33%)