



## Gordon's Berry Breakfast Drink

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



5

CALORIES



140 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 0.5 banana sliced
- 1 cup blueberries frozen
- 0.8 cup orange juice chilled
- 0.3 cup pineapple juice chilled
- 0.5 cup strawberries frozen sliced
- 2 cups vanilla yogurt

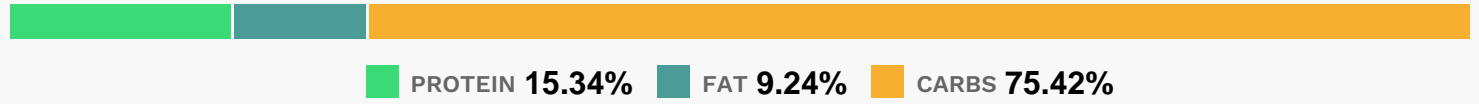
## Equipment

- blender

# Directions

- Place the orange juice, pineapple juice, yogurt, blueberries, strawberries, and bananas into a blender. Cover and blend until smooth. The berry drink will be very thick.
- Serve immediately.

# Nutrition Facts



# Properties

Glycemic Index:46.56, Glycemic Load:5.96, Inflammation Score:-4, Nutrition Score:8.476956512617%

# Flavonoids

Cyanidin: 2.75mg, Cyanidin: 2.75mg, Cyanidin: 2.75mg, Cyanidin: 2.75mg Petunidin: 9.35mg, Petunidin: 9.35mg, Petunidin: 9.35mg, Petunidin: 9.35mg Delphinidin: 10.53mg, Delphinidin: 10.53mg, Delphinidin: 10.53mg, Delphinidin: 10.53mg Malvidin: 20.01mg, Malvidin: 20.01mg, Malvidin: 20.01mg, Malvidin: 20.01mg Pelargonidin: 3.58mg, Pelargonidin: 3.58mg, Pelargonidin: 3.58mg, Pelargonidin: 3.58mg Peonidin: 6.01mg, Peonidin: 6.01mg, Peonidin: 6.01mg, Peonidin: 6.01mg Catechin: 2.73mg, Catechin: 2.73mg, Catechin: 2.73mg, Catechin: 2.73mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 4.45mg, Hesperetin: 4.45mg, Hesperetin: 4.45mg, Hesperetin: 4.45mg Naringenin: 0.83mg, Naringenin: 0.83mg, Naringenin: 0.83mg, Naringenin: 0.83mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

# Nutrients (% of daily need)

Calories: 140.36kcal (7.02%), Fat: 1.5g (2.3%), Saturated Fat: 0.82g (5.15%), Carbohydrates: 27.51g (9.17%), Net Carbohydrates: 26.09g (9.49%), Sugar: 23.31g (25.9%), Cholesterol: 4.9mg (1.63%), Sodium: 65.92mg (2.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.59g (11.19%), Vitamin C: 33.32mg (40.39%), Calcium: 178.39mg (17.84%), Phosphorus: 149.49mg (14.95%), Vitamin B2: 0.24mg (13.84%), Manganese: 0.28mg (13.77%), Potassium: 396.54mg (11.33%), Vitamin B12: 0.52µg (8.66%), Folate: 32.36µg (8.09%), Selenium: 5.06µg (7.23%), Vitamin B5: 0.71mg (7.15%), Magnesium: 28.49mg (7.12%), Vitamin B6: 0.14mg (7.01%), Vitamin B1: 0.1mg (6.79%), Zinc: 0.93mg (6.23%), Vitamin K: 6.27µg (5.97%), Fiber: 1.41g (5.64%), Copper: 0.07mg (3.65%), Vitamin A: 142.59IU (2.85%),

Vitamin B3: 0.54mg (2.71%), Iron: 0.36mg (2.02%), Vitamin E: 0.26mg (1.73%)