



## Heart Healthy Blueberry Smoothie

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



2

CALORIES



315 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

### Ingredients

- 1 cup blueberries
- 1 teaspoon ground cinnamon
- 0.5 cup yogurt plain low-fat greek-style
- 0.8 cup pomegranate juice
- 0.5 cup rolled oats
- 0.5 cup skim milk
- 0.3 cup granular sucralose sweetener splenda® (such as )

### Equipment

blender

## Directions

Blend blueberries, pomegranate juice, yogurt, milk, oats, sweetener, and cinnamon together in a blender until smooth, about 2 minutes.

## Nutrition Facts

 **PROTEIN 10.54%**  **FAT 7.74%**  **CARBS 81.72%**

## Properties

Glycemic Index:84.13, Glycemic Load:20.66, Inflammation Score:-5, Nutrition Score:14.089130443075%

## Flavonoids

Cyanidin: 8.5mg, Cyanidin: 8.5mg, Cyanidin: 8.5mg, Cyanidin: 8.5mg Petunidin: 23.33mg, Petunidin: 23.33mg, Petunidin: 23.33mg, Petunidin: 23.33mg Delphinidin: 26.97mg, Delphinidin: 26.97mg, Delphinidin: 26.97mg, Delphinidin: 26.97mg Malvidin: 50.02mg, Malvidin: 50.02mg, Malvidin: 50.02mg, Malvidin: 50.02mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 15.01mg, Peonidin: 15.01mg, Peonidin: 15.01mg, Peonidin: 15.01mg Catechin: 3.91mg, Catechin: 3.91mg, Catechin: 3.91mg, Catechin: 3.91mg Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg Quercetin: 6.71mg, Quercetin: 6.71mg, Quercetin: 6.71mg, Quercetin: 6.71mg Galliccatechin: 0.09mg, Galliccatechin: 0.09mg, Galliccatechin: 0.09mg, Galliccatechin: 0.09mg

## Nutrients (% of daily need)

Calories: 315.31kcal (15.77%), Fat: 2.85g (4.38%), Saturated Fat: 0.96g (6.02%), Carbohydrates: 67.6g (22.53%), Net Carbohydrates: 63.15g (22.96%), Sugar: 46.84g (52.04%), Cholesterol: 5.51mg (1.84%), Sodium: 78.45mg (3.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.72g (17.44%), Manganese: 1.25mg (62.61%), Phosphorus: 256.64mg (25.66%), Vitamin K: 24.83µg (23.65%), Calcium: 228.21mg (22.82%), Fiber: 4.45g (17.79%), Vitamin B2: 0.29mg (16.91%), Potassium: 581.1mg (16.6%), Magnesium: 57.31mg (14.33%), Selenium: 9.49µg (13.56%), Vitamin B1: 0.2mg (13.07%), Zinc: 1.78mg (11.86%), Vitamin B5: 1.17mg (11.69%), Vitamin B12: 0.7µg (11.64%), Folate: 41.36µg (10.34%), Vitamin C: 7.8mg (9.45%), Vitamin B6: 0.16mg (8.16%), Copper: 0.15mg (7.68%), Iron: 1.29mg (7.19%), Vitamin E: 0.9mg (6.02%), Vitamin B3: 0.91mg (4.55%), Vitamin D: 0.67µg (4.49%), Vitamin A: 199.1IU (3.98%)