



Lemon-Berry Crush Smoothie

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



5

CALORIES



89 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 1 cup blueberries fresh
- 1.5 cups milk fat-free cold
- 1 cup ice cubes
- 1.5 tsp crystal lemonade flavor drink mix light
- 1 cup vanilla yogurt low-fat

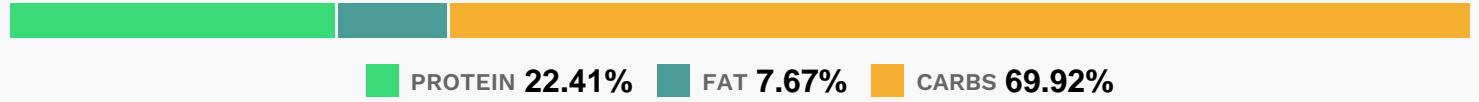
Equipment

- blender

Directions

- Place all ingredients in blender; cover. Blend on high speed until smooth.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:14.65, Glycemic Load:2.63, Inflammation Score:-3, Nutrition Score:5.63478262226898%

Flavonoids

Cyanidin: 2.5mg, Cyanidin: 2.5mg, Cyanidin: 2.5mg, Cyanidin: 2.5mg Petunidin: 9.33mg, Petunidin: 9.33mg, Petunidin: 9.33mg, Petunidin: 9.33mg Delphinidin: 10.49mg, Delphinidin: 10.49mg, Delphinidin: 10.49mg, Delphinidin: 10.49mg Malvidin: 20.01mg, Malvidin: 20.01mg, Malvidin: 20.01mg, Malvidin: 20.01mg Peonidin: 6.01mg, Peonidin: 6.01mg, Peonidin: 6.01mg, Peonidin: 6.01mg Catechin: 1.57mg, Catechin: 1.57mg, Catechin: 1.57mg, Catechin: 1.57mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 89.1kcal (4.46%), Fat: 0.78g (1.21%), Saturated Fat: 0.44g (2.75%), Carbohydrates: 16.09g (5.36%), Net Carbohydrates: 15.37g (5.59%), Sugar: 14.82g (16.47%), Cholesterol: 4.66mg (1.55%), Sodium: 65.89mg (2.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.16g (10.31%), Calcium: 184.3mg (18.43%), Phosphorus: 148.41mg (14.84%), Vitamin B2: 0.21mg (12.17%), Vitamin B12: 0.69µg (11.43%), Potassium: 255.02mg (7.29%), Vitamin B5: 0.57mg (5.7%), Magnesium: 22.56mg (5.64%), Selenium: 3.91µg (5.58%), Vitamin K: 5.76µg (5.49%), Vitamin D: 0.81µg (5.39%), Zinc: 0.79mg (5.27%), Manganese: 0.1mg (5.19%), Vitamin B1: 0.07mg (4.86%), Vitamin C: 3.85mg (4.67%), Vitamin B6: 0.08mg (4.02%), Vitamin A: 187.13IU (3.74%), Fiber: 0.72g (2.87%), Folate: 8.72µg (2.18%), Copper: 0.03mg (1.65%), Vitamin B3: 0.26mg (1.32%), Vitamin E: 0.18mg (1.2%)