



Mango-Berry Smoothie



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



2

CALORIES



359 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 1 banana ripe
- ☐ 0.5 cup blueberries fresh
- ☐ 2 cups mango chunks fresh
- ☐ 1 cup nonfat vanilla yogurt
- ☐ 1.3 cups orange juice

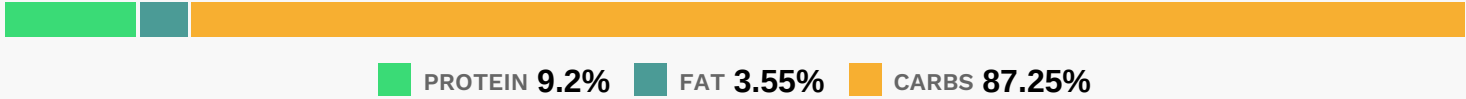
Equipment

- ☐ blender

Directions

☐ Combine all ingredients in a blender until smooth.

Nutrition Facts



Properties

Glycemic Index:99.26, Glycemic Load:27.98, Inflammation Score:-9, Nutrition Score:21.036521704301%

Flavonoids

Cyanidin: 3.3mg, Cyanidin: 3.3mg, Cyanidin: 3.3mg, Cyanidin: 3.3mg Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg Delphinidin: 13.14mg, Delphinidin: 13.14mg, Delphinidin: 13.14mg, Delphinidin: 13.14mg Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg Catechin: 8.39mg, Catechin: 8.39mg, Catechin: 8.39mg, Catechin: 8.39mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg Hesperetin: 18.52mg, Hesperetin: 18.52mg, Hesperetin: 18.52mg, Hesperetin: 18.52mg Naringenin: 3.32mg, Naringenin: 3.32mg, Naringenin: 3.32mg, Naringenin: 3.32mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg Quercetin: 3.26mg, Quercetin: 3.26mg, Quercetin: 3.26mg, Quercetin: 3.26mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 358.73kcal (17.94%), Fat: 1.5g (2.31%), Saturated Fat: 0.41g (2.57%), Carbohydrates: 82.96g (27.65%), Net Carbohydrates: 77.59g (28.21%), Sugar: 69.78g (77.54%), Cholesterol: 2.45mg (0.82%), Sodium: 75.21mg (3.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.74g (17.49%), Vitamin C: 147.14mg (178.35%), Vitamin A: 2167.74IU (43.35%), Folate: 142.49µg (35.62%), Potassium: 1064.56mg (30.42%), Vitamin B6: 0.54mg (27.16%), Vitamin B2: 0.39mg (22.82%), Calcium: 226.57mg (22.66%), Manganese: 0.45mg (22.61%), Fiber: 5.37g (21.49%), Phosphorus: 212.65mg (21.26%), Vitamin B1: 0.27mg (17.78%), Magnesium: 70.07mg (17.52%), Copper: 0.33mg (16.6%), Vitamin K: 15.87µg (15.11%), Selenium: 9.12µg (13.03%), Vitamin E: 1.89mg (12.6%), Vitamin B3: 2.39mg (11.97%), Vitamin B12: 0.58µg (9.6%), Vitamin B5: 0.86mg (8.62%), Zinc: 1.28mg (8.53%), Iron: 0.92mg (5.09%)