




 **19%**  
HEALTH SCORE

# Mango-Berry Swirled Smoothies


 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN




45 min.

SERVINGS



4

CALORIES



135 kcal

MORNING MEAL BRUNCH BREAKFAST BEVERAGE

## Ingredients

- 1 cup blueberries fresh
- 1 orange juice
- 2 mangos pitted peeled
- 1 cup pomegranate juice 100% plus more if necessary
- 1 cup strawberries fresh (4 or 5 large ones)

## Equipment

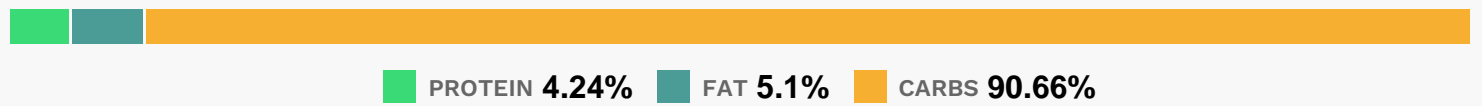
- blender
- immersion blender

canning jar

## Directions

- Smoothie 1: blueberries, strawberries, pomegranate juice Smoothie 2: mangos, orange juice
- If you have an immersion blender, place the ingredients for each smoothie into its own quart-sized mason jar or a really large cup. Blend one smoothie, rinse off the blender, then blend the other. If you're using a blender, blend smoothies one at a time, rinsing the blender between uses.
- Pour the smoothies together into serving cups, creating a swirled effect.

## Nutrition Facts



## Properties

Glycemic Index:45.94, Glycemic Load:10.58, Inflammation Score:-8, Nutrition Score:11.159130434783%

## Flavonoids

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## Taste

Sweetness: 100%, Saltiness: 5.17%, Sourness: 69.55%, Bitterness: 41.36%, Savoriness: 2.28%, Fattiness: 28.86%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 135.07kcal (6.75%), Fat: 0.83g (1.28%), Saturated Fat: 0.16g (1.02%), Carbohydrates: 33.37g (11.12%), Net Carbohydrates: 30.01g (10.91%), Sugar: 28.73g (31.92%), Cholesterol: 0mg (0%), Sodium: 7.52mg (0.33%), Protein: 1.56g (3.12%), Vitamin C: 69.99mg (84.84%), Vitamin A: 1174.17IU (23.48%), Manganese: 0.39mg (19.49%), Folate: 74.81µg (18.7%), Vitamin K: 18.77µg (17.88%), Fiber: 3.36g (13.42%), Potassium: 420.67mg (12.02%), Vitamin E: 1.49mg (9.93%), Vitamin B6: 0.19mg (9.51%), Copper: 0.17mg (8.65%), Vitamin B3: 1.19mg (5.96%), Magnesium: 23.26mg (5.81%), Vitamin B5: 0.5mg (5.01%), Vitamin B1: 0.07mg (4.94%), Vitamin B2: 0.08mg (4.49%), Phosphorus: 36.97mg (3.7%), Iron: 0.51mg (2.83%), Calcium: 27.86mg (2.79%), Zinc: 0.27mg (1.78%), Selenium: 1µg (1.43%)