



Mixed Berry Smoothie

READY IN



10 min.

SERVINGS



10

CALORIES



88 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 1 cup poached berries mixed frozen
- 2 cups milk cold
- 1 pkg jell-o strawberry flavor gelatin (4-serving size)
- 6 oz strawberry yogurt low-fat
- 2 large biscuits wheat cereal shredded crumbled

Equipment

- blender

Directions

- Place all ingredients in blender; cover.
- Blend on high speed 15 sec. or until smooth.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:3.8, Glycemic Load:0.87, Inflammation Score:-1, Nutrition Score:2.5091304312582%

Flavonoids

Cyanidin: 0.68mg, Cyanidin: 0.68mg, Cyanidin: 0.68mg, Cyanidin: 0.68mg Petunidin: 2.81mg, Petunidin: 2.81mg, Petunidin: 2.81mg, Petunidin: 2.81mg Delphinidin: 3.35mg, Delphinidin: 3.35mg, Delphinidin: 3.35mg, Delphinidin: 3.35mg Malvidin: 7.7mg, Malvidin: 7.7mg, Malvidin: 7.7mg, Malvidin: 7.7mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 87.59kcal (4.38%), Fat: 1.82g (2.8%), Saturated Fat: 1g (6.26%), Carbohydrates: 15.4g (5.13%), Net Carbohydrates: 14.91g (5.42%), Sugar: 13.9g (15.44%), Cholesterol: 7.39mg (2.46%), Sodium: 67.68mg (2.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3g (6%), Calcium: 79.99mg (8%), Phosphorus: 76.99mg (7.7%), Vitamin B2: 0.11mg (6.32%), Vitamin B12: 0.35µg (5.87%), Vitamin D: 0.54µg (3.58%), Potassium: 113.02mg (3.23%), Vitamin K: 2.69µg (2.56%), Vitamin B1: 0.03mg (2.2%), Selenium: 1.52µg (2.17%), Vitamin B6: 0.04mg (2.07%), Vitamin B5: 0.2mg (2.03%), Fiber: 0.49g (1.97%), Vitamin A: 91.46IU (1.83%), Magnesium: 7.07mg (1.77%), Manganese: 0.03mg (1.54%), Zinc: 0.22mg (1.45%)