



Pear-Fect Smoothie

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



130 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 0.5 cup apple juice unsweetened
- 1 banana
- 0.3 cup blueberries
- 0.3 cup pears peeled chopped
- 0.5 cup soy milk

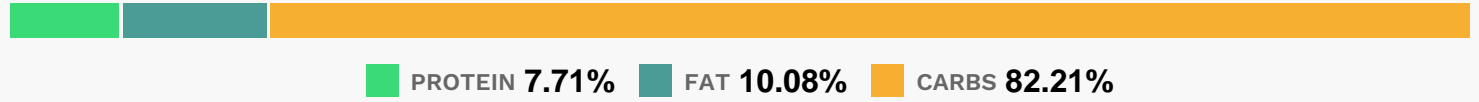
Equipment

- blender

Directions

- Put banana, soy milk, apple juice, pear and blueberries in a blender; mix until smooth.
- Pour into a glass and drink up!

Nutrition Facts



Properties

Glycemic Index:102.85, Glycemic Load:11.72, Inflammation Score:-4, Nutrition Score:7.8334783678469%

Flavonoids

Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg Catechin: 5.41mg, Catechin: 5.41mg, Catechin: 5.41mg, Catechin: 5.41mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 3.8mg, Epicatechin: 3.8mg, Epicatechin: 3.8mg, Epicatechin: 3.8mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 129.6kcal (6.48%), Fat: 1.54g (2.37%), Saturated Fat: 0.21g (1.32%), Carbohydrates: 28.24g (9.41%), Net Carbohydrates: 25.27g (9.19%), Sugar: 18.46g (20.51%), Cholesterol: 0mg (0%), Sodium: 32.96mg (1.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.65g (5.3%), Vitamin B6: 0.38mg (19.03%), Vitamin C: 12.6mg (15.27%), Manganese: 0.28mg (13.85%), Vitamin B3: 2.49mg (12.45%), Fiber: 2.96g (11.85%), Potassium: 394.62mg (11.27%), Vitamin E: 1.68mg (11.21%), Vitamin B2: 0.18mg (10.81%), Vitamin B12: 0.64µg (10.62%), Calcium: 93.43mg (9.34%), Folate: 33.2µg (8.3%), Copper: 0.15mg (7.65%), Vitamin A: 285.27IU (5.71%), Magnesium: 21.55mg (5.39%), Vitamin B1: 0.08mg (5.14%), Vitamin D: 0.71µg (4.72%), Vitamin K: 4.75µg (4.52%), Iron: 0.6mg (3.36%), Selenium: 2.05µg (2.93%), Vitamin B5: 0.26mg (2.6%), Phosphorus: 21.95mg (2.2%), Zinc: 0.29mg (1.95%)