



Power Berry Smoothie



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



1

CALORIES



161 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 1 cup poached berries mixed frozen (strawberries, blueberries, raspberries, and blackberries)
- ☐ 1 teaspoon honey
- ☐ 0.3 cup yogurt plain low-fat
- ☐ 1 tablespoon premier protein unsweetened
- ☐ 0.5 cup water

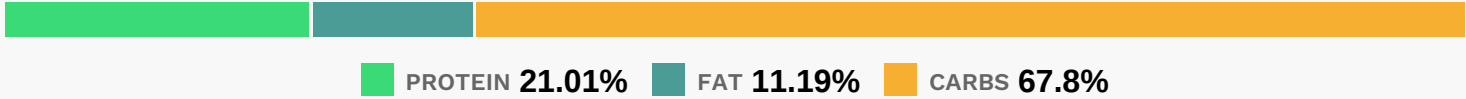
Equipment

- ☐ blender

Directions

☐ Combine ingredients in a blender. Pure until smooth; drink immediately.

Nutrition Facts



Properties

Glycemic Index:52.27, Glycemic Load:3.01, Inflammation Score:-4, Nutrition Score:8.1321738699208%

Flavonoids

Cyanidin: 6.76mg, Cyanidin: 6.76mg, Cyanidin: 6.76mg, Cyanidin: 6.76mg Petunidin: 28.15mg, Petunidin: 28.15mg, Petunidin: 28.15mg, Petunidin: 28.15mg Delphinidin: 33.46mg, Delphinidin: 33.46mg, Delphinidin: 33.46mg, Delphinidin: 33.46mg Malvidin: 76.96mg, Malvidin: 76.96mg, Malvidin: 76.96mg, Malvidin: 76.96mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 0.73mg, Peonidin: 0.73mg, Peonidin: 0.73mg, Peonidin: 0.73mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 2.79mg, Luteolin: 2.79mg, Luteolin: 2.79mg, Luteolin: 2.79mg Kaempferol: 1.71mg, Kaempferol: 1.71mg, Kaempferol: 1.71mg, Kaempferol: 1.71mg Myricetin: 2.73mg, Myricetin: 2.73mg, Myricetin: 2.73mg, Myricetin: 2.73mg Quercetin: 7.19mg, Quercetin: 7.19mg, Quercetin: 7.19mg, Quercetin: 7.19mg

Nutrients (% of daily need)

Calories: 160.89kcal (8.04%), Fat: 2.16g (3.33%), Saturated Fat: 0.72g (4.51%), Carbohydrates: 29.47g (9.82%), Net Carbohydrates: 24.91g (9.06%), Sugar: 23.16g (25.73%), Cholesterol: 3.67mg (1.23%), Sodium: 115.94mg (5.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.13g (18.26%), Vitamin K: 25.54µg (24.33%), Fiber: 4.56g (18.25%), Manganese: 0.33mg (16.65%), Phosphorus: 155.97mg (15.6%), Calcium: 140.03mg (14%), Vitamin B2: 0.2mg (11.62%), Copper: 0.18mg (9.22%), Folate: 29.17µg (7.29%), Iron: 1.3mg (7.22%), Potassium: 235.93mg (6.74%), Vitamin B6: 0.13mg (6.48%), Zinc: 0.94mg (6.29%), Vitamin B1: 0.09mg (5.87%), Vitamin B12: 0.34µg (5.72%), Vitamin B5: 0.56mg (5.64%), Magnesium: 22.02mg (5.51%), Vitamin C: 4.4mg (5.33%), Vitamin E: 0.76mg (5.08%), Vitamin B3: 0.98mg (4.89%), Selenium: 2.28µg (3.26%), Vitamin A: 102.54IU (2.05%)