



Purple Monster Smoothie

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



6

CALORIES



131 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 1 banana
- 1 pint blueberries
- 1 cup purple grapes
- 1 pot greek yogurt
- 2 tablespoons honey to taste
- 6 servings ice cubes
- 1 cup milk
- 8 strawberries

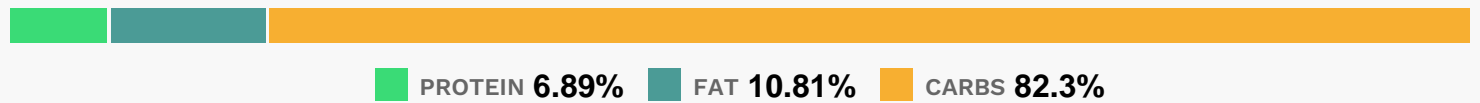
Equipment

blender

Directions

- Put the blueberries, grapes, strawberries, banana, yogurt, milk, honey and ice into blender and blitz until smooth.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:45.18, Glycemic Load:12.08, Inflammation Score:-4, Nutrition Score:6.8086956894916%

Flavonoids

Cyanidin: 6.94mg, Cyanidin: 6.94mg, Cyanidin: 6.94mg, Cyanidin: 6.94mg Petunidin: 24.88mg, Petunidin: 24.88mg, Petunidin: 24.88mg, Petunidin: 24.88mg Delphinidin: 27.99mg, Delphinidin: 27.99mg, Delphinidin: 27.99mg, Delphinidin: 27.99mg Malvidin: 53.3mg, Malvidin: 53.3mg, Malvidin: 53.3mg, Malvidin: 53.3mg Pelargonidin: 3.98mg, Pelargonidin: 3.98mg, Pelargonidin: 3.98mg, Pelargonidin: 3.98mg Peonidin: 16.01mg, Peonidin: 16.01mg, Peonidin: 16.01mg, Peonidin: 16.01mg Catechin: 5.87mg, Catechin: 5.87mg, Catechin: 5.87mg, Catechin: 5.87mg Epigallocatechin: 0.65mg, Epigallocatechin: 0.65mg, Epigallocatechin: 0.65mg, Epigallocatechin: 0.65mg Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 1.41mg, Kaempferol: 1.41mg, Kaempferol: 1.41mg, Kaempferol: 1.41mg Myricetin: 1.03mg, Myricetin: 1.03mg, Myricetin: 1.03mg, Myricetin: 1.03mg Quercetin: 6.24mg, Quercetin: 6.24mg, Quercetin: 6.24mg, Quercetin: 6.24mg Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg

Nutrients (% of daily need)

Calories: 130.72kcal (6.54%), Fat: 1.72g (2.64%), Saturated Fat: 0.82g (5.1%), Carbohydrates: 29.38g (9.79%), Net Carbohydrates: 26.41g (9.6%), Sugar: 22.65g (25.16%), Cholesterol: 4.89mg (1.63%), Sodium: 20.24mg (0.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.46g (4.92%), Vitamin C: 19.61mg (23.77%), Manganese: 0.4mg (20.25%), Vitamin K: 19.47µg (18.54%), Fiber: 2.96g (11.86%), Vitamin B6: 0.17mg (8.45%), Potassium: 268.55mg (7.67%), Vitamin B2: 0.13mg (7.48%), Phosphorus: 64.24mg (6.42%), Calcium: 63.1mg (6.31%), Copper: 0.11mg

(5.59%), Vitamin B1: 0.08mg (5.29%), Magnesium: 19.48mg (4.87%), Vitamin E: 0.58mg (3.89%), Vitamin B12: 0.22µg (3.68%), Vitamin B5: 0.35mg (3.53%), Folate: 13.16µg (3.29%), Vitamin B3: 0.62mg (3.11%), Vitamin D: 0.45µg (2.98%), Vitamin A: 139.59IU (2.79%), Zinc: 0.38mg (2.56%), Iron: 0.46mg (2.54%), Selenium: 1.21µg (1.73%)