



Purple Resolution Smoothie

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



8

CALORIES



159 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 1 banana whole peeled
- 2 cups berries mixed fresh frozen (blackberries, Strawberries, Raspberries, Etc.)
- 2 cups blueberries fresh frozen
- 1 cup grape juice or any purple blend!)
- 0.3 cup honey
- 0.3 head cabbage red
- 2 cups vanilla-honey greek yogurt plain

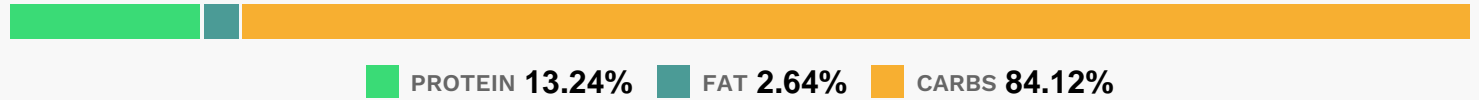
Equipment

blender

Directions

- Throw all the ingredients in a blender and mix until smooth. Taste and adjust sweetness, creaminess...whatever it needs!
- Add ice if it needs to be more "frozen."

Nutrition Facts



Properties

Glycemic Index:22.38, Glycemic Load:8.42, Inflammation Score:-5, Nutrition Score:5.910000026226%

Flavonoids

Cyanidin: 60.12mg, Cyanidin: 60.12mg, Cyanidin: 60.12mg, Cyanidin: 60.12mg Petunidin: 19.03mg, Petunidin: 19.03mg, Petunidin: 19.03mg, Petunidin: 19.03mg Delphinidin: 22.11mg, Delphinidin: 22.11mg, Delphinidin: 22.11mg, Delphinidin: 22.11mg Malvidin: 47.78mg, Malvidin: 47.78mg, Malvidin: 47.78mg, Malvidin: 47.78mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 8.02mg, Peonidin: 8.02mg, Peonidin: 8.02mg, Peonidin: 8.02mg Catechin: 3.12mg, Catechin: 3.12mg, Catechin: 3.12mg, Catechin: 3.12mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg Myricetin: 1.44mg, Myricetin: 1.44mg, Myricetin: 1.44mg, Myricetin: 1.44mg Quercetin: 4.97mg, Quercetin: 4.97mg, Quercetin: 4.97mg, Quercetin: 4.97mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 158.69kcal (7.93%), Fat: 0.5g (0.77%), Saturated Fat: 0.06g (0.38%), Carbohydrates: 35.97g (11.99%), Net Carbohydrates: 33.02g (12.01%), Sugar: 29.76g (33.07%), Cholesterol: 1.89mg (0.63%), Sodium: 27.01mg (1.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.66g (11.32%), Vitamin C: 20.87mg (25.3%), Vitamin K: 23.71µg (22.58%), Manganese: 0.37mg (18.44%), Fiber: 2.95g (11.81%), Vitamin B6: 0.16mg (8.18%), Potassium: 255.41mg (7.3%), Vitamin A: 342.38IU (6.85%), Vitamin B2: 0.07mg (3.95%), Magnesium: 15.71mg (3.93%), Vitamin B1: 0.05mg (3.52%), Folate: 12.81µg (3.2%), Vitamin B3: 0.62mg (3.09%), Iron: 0.55mg (3.03%), Copper: 0.06mg (2.97%), Vitamin E: 0.44mg (2.94%), Phosphorus: 24.66mg (2.47%), Calcium: 22.54mg (2.25%), Vitamin B5: 0.2mg (2.05%), Zinc: 0.21mg (1.41%)