



Raspberry Jubilee Smoothies

 Vegetarian

READY IN



5 min.

SERVINGS



8

CALORIES



38 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 0.3 cup all-bran buds* cereal
- 0.5 cup 1/4 cup dried cranberry (juice sweetened if possible)
- 0.5 cup orange juice
- 0.8 cup raspberries frozen
- 0.5 cup vanilla flavour stirred yogurt 2%

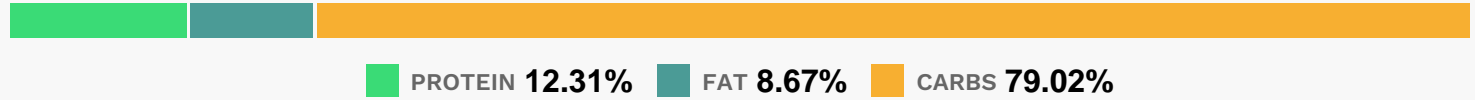
Equipment

- blender

Directions

- Place fruit in blender container.
- Add juices, yogurt and All-Bran Buds* cereal. If desired, sweeten to taste with a little sugar or honey.
- Blend until smooth.

Nutrition Facts



Properties

Glycemic Index:22.33, Glycemic Load:2.44, Inflammation Score:-3, Nutrition Score:4.6300000652023%

Flavonoids

Cyanidin: 5.15mg, Cyanidin: 5.15mg, Cyanidin: 5.15mg, Cyanidin: 5.15mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 38.13kcal (1.91%), Fat: 0.41g (0.63%), Saturated Fat: 0.15g (0.95%), Carbohydrates: 8.43g (2.81%), Net Carbohydrates: 7.08g (2.58%), Sugar: 6.13g (6.81%), Cholesterol: 0.77mg (0.26%), Sodium: 15.69mg (0.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.31g (2.63%), Vitamin C: 12.68mg (15.37%), Vitamin B6: 0.26mg (13%), Manganese: 0.22mg (11.09%), Folate: 34.24µg (8.56%), Vitamin B12: 0.45µg (7.42%), Vitamin B2: 0.1mg (5.59%), Fiber: 1.35g (5.38%), Phosphorus: 50.91mg (5.09%), Vitamin B1: 0.07mg (4.63%), Calcium: 39.5mg (3.95%), Magnesium: 14.59mg (3.65%), Potassium: 113.46mg (3.24%), Zinc: 0.44mg (2.92%), Iron: 0.5mg (2.78%), Copper: 0.05mg (2.39%), Vitamin B3: 0.45mg (2.23%), Vitamin E: 0.32mg (2.13%), Vitamin K: 1.82µg (1.73%), Vitamin B5: 0.17mg (1.72%), Vitamin A: 82.26IU (1.65%), Selenium: 0.99µg (1.41%)