



## Spinach Blueberry Pomegranate Smoothies

 Vegetarian  Gluten Free  Very Healthy

READY IN



5 min.

SERVINGS



2

CALORIES



146 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

### Ingredients

- 1 cup skim milk fat-free (skim)
- 0.3 cup spinach frozen cooked
- 2 juice of lime
- 7.6 oz pomegranate yoplait®

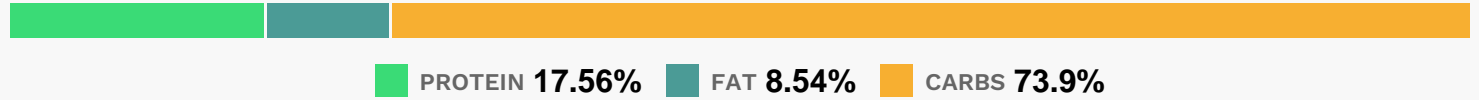
### Equipment

- blender

## Directions

- In blender, place all ingredients. Cover; blend on high speed 1 minute to 1 minute 30 seconds, stopping to scrape sides as necessary, until smooth.
- Pour into 2 glasses.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:50.13, Glycemic Load:12.6, Inflammation Score:-9, Nutrition Score:18.67086941263%

## Flavonoids

Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg Gallocatechin: 0.18mg, Gallocatechin: 0.18mg, Gallocatechin: 0.18mg, Gallocatechin: 0.18mg

## Nutrients (% of daily need)

Calories: 146.1kcal (7.31%), Fat: 1.53g (2.35%), Saturated Fat: 0.2g (1.26%), Carbohydrates: 29.76g (9.92%), Net Carbohydrates: 24.57g (8.94%), Sugar: 21.62g (24.02%), Cholesterol: 3.67mg (1.23%), Sodium: 73.3mg (3.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.07g (14.14%), Vitamin K: 114.57µg (109.11%), Vitamin A: 3313.66IU (66.27%), Vitamin C: 21.42mg (25.96%), Calcium: 210.21mg (21.02%), Folate: 84.09µg (21.02%), Fiber: 5.18g (20.73%), Phosphorus: 186.8mg (18.68%), Potassium: 583.87mg (16.68%), Vitamin B2: 0.28mg (16.49%), Manganese: 0.32mg (16.02%), Magnesium: 49.53mg (12.38%), Vitamin B12: 0.71µg (11.84%), Vitamin B1: 0.17mg (11.51%), Copper: 0.22mg (10.91%), Vitamin B6: 0.21mg (10.4%), Vitamin E: 1.47mg (9.78%), Vitamin B5: 0.9mg (9.05%), Vitamin D: 1.35µg (8.98%), Zinc: 1.1mg (7.32%), Selenium: 4.58µg (6.54%), Iron: 0.84mg (4.68%), Vitamin B3: 0.63mg (3.17%)