



Strawberry Blueberry Smoothies

 Gluten Free

READY IN



5 min.

SERVINGS



1

CALORIES



234 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 1 teaspoon agave nectar
- 0.5 cup vanilla almond milk
- 0.5 cup blueberries frozen
- 1 teaspoon flax seed oil
- 0.5 cup yogurt plain low-fat
- 0.5 cup strawberries frozen

Equipment

- blender

Directions

Blend almond milk, strawberries, blueberries, yogurt, flax seed oil, and agave nectar in a blender until smooth.

Nutrition Facts



PROTEIN 13.27% **FAT 32.58%** **CARBS 54.15%**

Properties

Glycemic Index:95, Glycemic Load:6.36, Inflammation Score:-6, Nutrition Score:13.368260984835%

Flavonoids

Cyanidin: 7.47mg, Cyanidin: 7.47mg, Cyanidin: 7.47mg, Cyanidin: 7.47mg Petunidin: 23.41mg, Petunidin: 23.41mg, Petunidin: 23.41mg, Petunidin: 23.41mg Delphinidin: 26.44mg, Delphinidin: 26.44mg, Delphinidin: 26.44mg, Delphinidin: 26.44mg Malvidin: 50.02mg, Malvidin: 50.02mg, Malvidin: 50.02mg, Malvidin: 50.02mg Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg Peonidin: 15.05mg, Peonidin: 15.05mg, Peonidin: 15.05mg, Peonidin: 15.05mg Catechin: 6.15mg, Catechin: 6.15mg, Catechin: 6.15mg, Catechin: 6.15mg Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 1.59mg, Kaempferol: 1.59mg, Kaempferol: 1.59mg, Kaempferol: 1.59mg Myricetin: 0.99mg, Myricetin: 0.99mg, Myricetin: 0.99mg, Myricetin: 0.99mg Quercetin: 6.47mg, Quercetin: 6.47mg, Quercetin: 6.47mg, Quercetin: 6.47mg Gallocatechin: 0.11mg, Gallocatechin: 0.11mg, Gallocatechin: 0.11mg, Gallocatechin: 0.11mg

Nutrients (% of daily need)

Calories: 234.47kcal (11.72%), Fat: 8.83g (13.59%), Saturated Fat: 1.72g (10.75%), Carbohydrates: 33.02g (11.01%), Net Carbohydrates: 29.41g (10.7%), Sugar: 26.44g (29.38%), Cholesterol: 7.35mg (2.45%), Sodium: 250.11mg (10.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.1g (16.19%), Vitamin C: 52.19mg (63.27%), Calcium: 390.23mg (39.02%), Manganese: 0.53mg (26.6%), Phosphorus: 202.66mg (20.27%), Vitamin B2: 0.32mg (19.11%), Vitamin K: 18.36µg (17.49%), Fiber: 3.61g (14.44%), Potassium: 454.19mg (12.98%), Vitamin B12: 0.69µg (11.43%), Vitamin E: 1.63mg (10.85%), Folate: 38.19µg (9.55%), Vitamin B5: 0.91mg (9.06%), Zinc: 1.31mg (8.74%), Magnesium: 34.72mg (8.68%), Vitamin B6: 0.16mg (7.79%), Vitamin B1: 0.11mg (7.38%), Selenium: 4.57µg (6.54%), Copper: 0.09mg (4.68%), Vitamin B3: 0.8mg (3.98%), Iron: 0.61mg (3.39%), Vitamin A: 111.07IU (2.22%)