



## Super Berry Smoothie

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



2

CALORIES



171 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

### Ingredients

- 1 cup poached berries mixed unsweetened frozen
- 2 Tbsp honey
- 0.5 cup ice cubes
- 0.3 cup nonfat yogurt plain greek-style
- 0.7 cup bottled pomegranate juice

### Equipment

- blender

## Directions

- Blend all ingredients except ice in blender until smooth.
- Add ice; blend on high speed until thickened.
- Serve immediately.

## Nutrition Facts



**PROTEIN 6.28%** **FAT 4.01%** **CARBS 89.71%**

## Properties

Glycemic Index:26.14, Glycemic Load:9.02, Inflammation Score:-3, Nutrition Score:5.7113043691801%

## Flavonoids

Cyanidin: 5.37mg, Cyanidin: 5.37mg, Cyanidin: 5.37mg, Cyanidin: 5.37mg Petunidin: 14.07mg, Petunidin: 14.07mg, Petunidin: 14.07mg, Petunidin: 14.07mg Delphinidin: 17.4mg, Delphinidin: 17.4mg, Delphinidin: 17.4mg, Delphinidin: 17.4mg Malvidin: 38.48mg, Malvidin: 38.48mg, Malvidin: 38.48mg, Malvidin: 38.48mg Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg Peonidin: 0.36mg, Peonidin: 0.36mg, Peonidin: 0.36mg, Peonidin: 0.36mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.39mg, Luteolin: 1.39mg, Luteolin: 1.39mg, Luteolin: 1.39mg Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg Myricetin: 1.36mg, Myricetin: 1.36mg, Myricetin: 1.36mg, Myricetin: 1.36mg Quercetin: 4.52mg, Quercetin: 4.52mg, Quercetin: 4.52mg, Quercetin: 4.52mg

## Nutrients (% of daily need)

Calories: 171.05kcal (8.55%), Fat: 0.81g (1.25%), Saturated Fat: 0.15g (0.95%), Carbohydrates: 40.77g (13.59%), Net Carbohydrates: 38.55g (14.02%), Sugar: 37.38g (41.54%), Cholesterol: 0.82mg (0.27%), Sodium: 43.48mg (1.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.85g (5.71%), Vitamin K: 21.42µg (20.4%), Manganese: 0.21mg (10.58%), Calcium: 99.62mg (9.96%), Potassium: 334.52mg (9.56%), Fiber: 2.22g (8.87%), Vitamin B2: 0.14mg (8.51%), Phosphorus: 82.6mg (8.26%), Folate: 30.67µg (7.67%), Vitamin B5: 0.61mg (6.09%), Vitamin B6: 0.11mg (5.28%), Magnesium: 18.45mg (4.61%), Vitamin E: 0.69mg (4.58%), Vitamin B12: 0.25µg (4.15%), Zinc: 0.58mg (3.85%), Vitamin B1: 0.06mg (3.79%), Vitamin B3: 0.67mg (3.36%), Copper: 0.07mg (3.31%), Vitamin C: 2.49mg (3.02%), Selenium: 1.96µg (2.81%), Iron: 0.35mg (1.93%)