



Super Healthy Fruit Smoothie

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



2

CALORIES



196 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 0.3 cup blueberries fresh
- ☐ 2 tablespoons honey
- ☐ 0.3 cup mango juice
- ☐ 0.7 cup milk
- ☐ 0.3 cup pomegranate juice
- ☐ 0.3 cup raspberries fresh
- ☐ 4 large strawberries fresh hulled

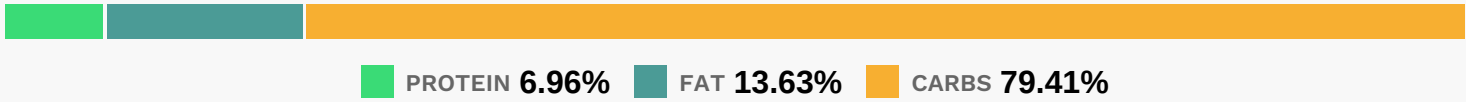
Equipment

☐ blender

Directions

- ☐ Place the blueberries, raspberries, strawberries, pomegranate and mango juices, milk, and honey into a blender. Cover, and puree until smooth.
- ☐ Pour into glasses to serve.

Nutrition Facts



Properties

Glycemic Index:118.51, Glycemic Load:15.04, Inflammation Score:-5, Nutrition Score:9.3226086989693%

Flavonoids

Cyanidin: 13.15mg, Cyanidin: 13.15mg, Cyanidin: 13.15mg, Cyanidin: 13.15mg Petunidin: 7.9mg, Petunidin: 7.9mg, Petunidin: 7.9mg, Petunidin: 7.9mg Delphinidin: 9.51mg, Delphinidin: 9.51mg, Delphinidin: 9.51mg, Delphinidin: 9.51mg Malvidin: 16.7mg, Malvidin: 16.7mg, Malvidin: 16.7mg, Malvidin: 16.7mg Pelargonidin: 13.65mg, Pelargonidin: 13.65mg, Pelargonidin: 13.65mg, Pelargonidin: 13.65mg Peonidin: 5.06mg, Peonidin: 5.06mg, Peonidin: 5.06mg, Peonidin: 5.06mg Catechin: 3.76mg, Catechin: 3.76mg, Catechin: 3.76mg, Catechin: 3.76mg Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg Epicatechin: 3.03mg, Epicatechin: 3.03mg, Epicatechin: 3.03mg, Epicatechin: 3.03mg Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 3.4mg, Quercetin: 3.4mg, Quercetin: 3.4mg, Quercetin: 3.4mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 195.8kcal (9.79%), Fat: 3.15g (4.85%), Saturated Fat: 1.57g (9.83%), Carbohydrates: 41.31g (13.77%), Net Carbohydrates: 38.18g (13.88%), Sugar: 36.34g (40.38%), Cholesterol: 9.76mg (3.25%), Sodium: 38.12mg (1.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.62g (7.24%), Vitamin C: 39.9mg (48.37%), Manganese: 0.52mg (25.77%), Fiber: 3.14g (12.55%), Calcium: 124.29mg (12.43%), Vitamin K: 12.07µg (11.49%), Potassium: 395.29mg (11.29%), Phosphorus: 112.17mg (11.22%), Vitamin B2: 0.16mg (9.59%), Vitamin B12: 0.44µg (7.32%), Folate: 29.02µg (7.26%), Magnesium: 28.05mg (7.01%), Vitamin B6: 0.13mg (6.4%), Vitamin B5: 0.62mg (6.2%), Vitamin D: 0.89µg (5.96%), Vitamin B1: 0.09mg (5.93%), Vitamin E: 0.67mg (4.49%), Zinc: 0.62mg (4.16%), Copper: 0.08mg (4%), Iron: 0.61mg (3.38%), Vitamin B3: 0.67mg (3.34%), Vitamin A: 158.57IU (3.17%), Selenium: 2.16µg (3.09%)