



Super Smoothie

 Vegetarian

READY IN



5 min.

SERVINGS



5

CALORIES



66 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 1 cup poached berries mixed frozen (blackberries, blueberries, raspberries, strawberries)
- 1 cup knudsen milkfat cottage cheese 2% low fat
- 1 cup milk fat-free
- 1 stick crystal on the go energy strawberry flavor drink mix wild light

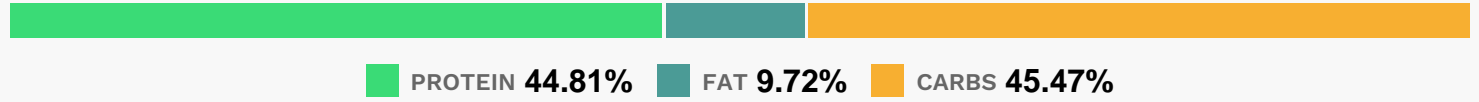
Equipment

- blender

Directions

- Blend ingredients in blender until smooth.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:6.65, Glycemic Load:0.8, Inflammation Score:-2, Nutrition Score:3.9495652292086%

Flavonoids

Cyanidin: 1.35mg, Cyanidin: 1.35mg, Cyanidin: 1.35mg, Cyanidin: 1.35mg Petunidin: 5.63mg, Petunidin: 5.63mg, Petunidin: 5.63mg, Petunidin: 5.63mg Delphinidin: 6.69mg, Delphinidin: 6.69mg, Delphinidin: 6.69mg, Delphinidin: 6.69mg Malvidin: 15.39mg, Malvidin: 15.39mg, Malvidin: 15.39mg, Malvidin: 15.39mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg

Nutrients (% of daily need)

Calories: 65.87kcal (3.29%), Fat: 0.72g (1.1%), Saturated Fat: 0.34g (2.13%), Carbohydrates: 7.55g (2.52%), Net Carbohydrates: 6.71g (2.44%), Sugar: 6.42g (7.13%), Cholesterol: 3.33mg (1.11%), Sodium: 204.72mg (8.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.44g (14.88%), Phosphorus: 117.12mg (11.71%), Calcium: 95.33mg (9.53%), Vitamin B12: 0.57µg (9.51%), Vitamin B2: 0.15mg (8.95%), Selenium: 5.11µg (7.3%), Vitamin K: 5.14µg (4.9%), Potassium: 138.96mg (3.97%), Vitamin B6: 0.08mg (3.91%), Vitamin D: 0.54µg (3.59%), Fiber: 0.84g (3.35%), Vitamin B1: 0.05mg (3.19%), Vitamin B5: 0.31mg (3.12%), Zinc: 0.42mg (2.77%), Vitamin A: 133.2IU (2.66%), Magnesium: 9.88mg (2.47%), Manganese: 0.05mg (2.44%), Folate: 8.67µg (2.17%), Vitamin B3: 0.29mg (1.44%), Copper: 0.02mg (1.21%), Vitamin E: 0.15mg (1.03%)