



The Maine Squeeze (Blueberry, Oat, and Ginger Smoothie)

 Vegetarian  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



2

CALORIES



672 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups blueberries frozen
- 1 cup steel cut oats cooled cooked (see note above)
- 1.5 teaspoons ginger fresh chopped
- 2 tablespoons honey
- 0.3 teaspoon lemon zest
- 2 cups soy milk unsweetened such as silk, or dairy milk
- 1 teaspoon vanilla extract

Equipment

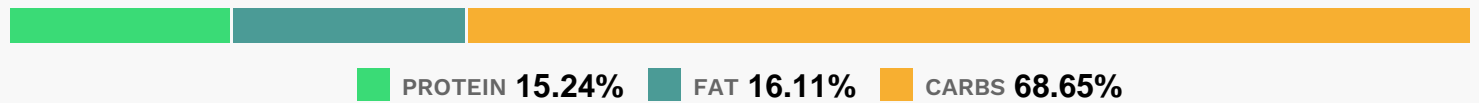
blender

Directions

Place soy milk, blueberries, steel cut oats, honey, ginger, vanilla, lemon zest, and lemon juice into blender. Blend until smooth, about 40 seconds.

Serve.

Nutrition Facts



Properties

Glycemic Index:82.14, Glycemic Load:51.65, Inflammation Score:-7, Nutrition Score:18.691304381775%

Flavonoids

Cyanidin: 12.52mg, Cyanidin: 12.52mg, Cyanidin: 12.52mg, Cyanidin: 12.52mg Petunidin: 46.66mg, Petunidin: 46.66mg, Petunidin: 46.66mg, Petunidin: 46.66mg Delphinidin: 52.44mg, Delphinidin: 52.44mg, Delphinidin: 52.44mg, Delphinidin: 52.44mg Malvidin: 100.03mg, Malvidin: 100.03mg, Malvidin: 100.03mg, Malvidin: 100.03mg Peonidin: 30.03mg, Peonidin: 30.03mg, Peonidin: 30.03mg, Peonidin: 30.03mg Catechin: 7.83mg, Catechin: 7.83mg, Catechin: 7.83mg, Catechin: 7.83mg Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg Epicatechin: 0.92mg, Epicatechin: 0.92mg, Epicatechin: 0.92mg, Epicatechin: 0.92mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 2.46mg, Kaempferol: 2.46mg, Kaempferol: 2.46mg, Kaempferol: 2.46mg Myricetin: 1.92mg, Myricetin: 1.92mg, Myricetin: 1.92mg, Myricetin: 1.92mg Quercetin: 11.35mg, Quercetin: 11.35mg, Quercetin: 11.35mg, Quercetin: 11.35mg Gallic acid: 0.18mg, Gallic acid: 0.18mg, Gallic acid: 0.18mg, Gallic acid: 0.18mg

Nutrients (% of daily need)

Calories: 671.65kcal (33.58%), Fat: 12.32g (18.96%), Saturated Fat: 1.68g (10.47%), Carbohydrates: 118.13g (39.38%), Net Carbohydrates: 100.84g (36.67%), Sugar: 33.27g (36.96%), Cholesterol: 0mg (0%), Sodium: 92.62mg (4.03%), Alcohol: 0.69g (100%), Alcohol %: 0.16% (100%), Protein: 26.22g (52.44%), Fiber: 17.3g (69.18%), Vitamin B12: 2.7µg (44.95%), Calcium: 368.76mg (36.88%), Iron: 6.31mg (35.07%), Vitamin B2: 0.57mg (33.78%), Vitamin B1: 0.43mg (28.65%), Vitamin K: 28.57µg (27.21%), Manganese: 0.52mg (26.11%), Vitamin D: 2.92µg (19.44%), Vitamin C: 14.86mg (18.01%), Copper: 0.3mg (14.81%), Magnesium: 49.1mg (12.28%), Potassium: 426.07mg (12.17%), Vitamin A: 583.05IU (11.66%), Vitamin B6: 0.2mg (10.22%), Phosphorus: 97.02mg (9.7%), Vitamin E: 0.85mg (5.65%), Vitamin B3: 1.07mg (5.33%), Vitamin B5: 0.4mg (4.02%), Folate: 9.5µg (2.37%), Zinc: 0.29mg (1.94%)