



Triple Treat Antioxidant Smoothies



Vegetarian



Gluten Free



Very Healthy

READY IN



8 min.

SERVINGS



2

CALORIES



161 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 12 oz broccoli frozen
- ☐ 0.5 cup pomegranate juice
- ☐ 0.5 cup raspberries red frozen organic
- ☐ 0.5 cup strawberries frozen organic
- ☐ 1 teaspoon sugar
- ☐ 0.3 cup vanilla yogurt yoplait® (from 6 oz container)

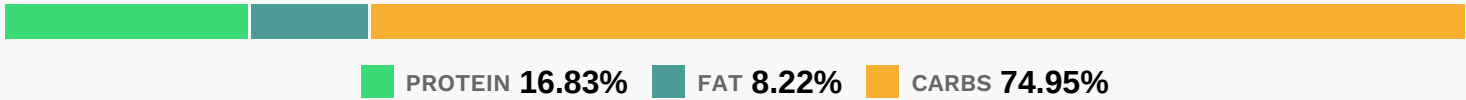
Equipment

- ☐ blender

Directions

- ☐ Cook broccoli as directed on bag. Rinse with cold water until cooled.
- ☐ Drain.
- ☐ In blender, place 1/4 cup of the cooked broccoli and remaining ingredients. (Cover and refrigerate remaining broccoli for another use.) Cover; blend on high speed about 30 seconds or until smooth.
- ☐ Pour into 2 glasses.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:84.05, Glycemic Load:4.83, Inflammation Score:-9, Nutrition Score:22.664782700331%

Flavonoids

Cyanidin: 15.83mg, Cyanidin: 15.83mg, Cyanidin: 15.83mg, Cyanidin: 15.83mg Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg Delphinidin: 1.01mg, Delphinidin: 1.01mg, Delphinidin: 1.01mg, Delphinidin: 1.01mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 9.3mg, Pelargonidin: 9.3mg, Pelargonidin: 9.3mg, Pelargonidin: 9.3mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 1.51mg, Catechin: 1.51mg, Catechin: 1.51mg, Catechin: 1.51mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 1.21mg, Epicatechin: 1.21mg, Epicatechin: 1.21mg, Epicatechin: 1.21mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Luteolin: 1.36mg, Luteolin: 1.36mg, Luteolin: 1.36mg, Luteolin: 1.36mg Kaempferol: 13.53mg, Kaempferol: 13.53mg, Kaempferol: 13.53mg, Kaempferol: 13.53mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 6.95mg, Quercetin: 6.95mg, Quercetin: 6.95mg, Quercetin: 6.95mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 160.98kcal (8.05%), Fat: 1.63g (2.51%), Saturated Fat: 0.58g (3.64%), Carbohydrates: 33.41g (11.14%), Net Carbohydrates: 26.26g (9.55%), Sugar: 21.45g (23.84%), Cholesterol: 2.04mg (0.68%), Sodium: 89.36mg (3.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.5g (15.01%), Vitamin C: 181.14mg (219.57%), Vitamin K: 183.15µg

(174.42%), Manganese: 0.76mg (37.9%), Folate: 141.53µg (35.38%), Fiber: 7.15g (28.62%), Potassium: 860.57mg (24.59%), Vitamin A: 1091.48IU (21.83%), Phosphorus: 191.58mg (19.16%), Vitamin B6: 0.37mg (18.72%), Vitamin B2: 0.31mg (18.24%), Calcium: 169.9mg (16.99%), Vitamin B5: 1.52mg (15.21%), Magnesium: 57.89mg (14.47%), Vitamin E: 1.94mg (12.91%), Vitamin B1: 0.17mg (11.03%), Selenium: 6.66µg (9.51%), Iron: 1.69mg (9.38%), Zinc: 1.27mg (8.46%), Vitamin B3: 1.59mg (7.97%), Copper: 0.15mg (7.31%), Vitamin B12: 0.22µg (3.61%)