



Zero Proof: Blueberry Muffin Smoothie



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



2

CALORIES



252 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 1.3 cups blueberries plus more for garnish
- ☐ 2 servings blueberries
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1 tablespoon honey
- ☐ 1 cup nonfat greek yogurt
- ☐ 0.5 cup skim milk
- ☐ 0.1 teaspoon vanilla extract pure

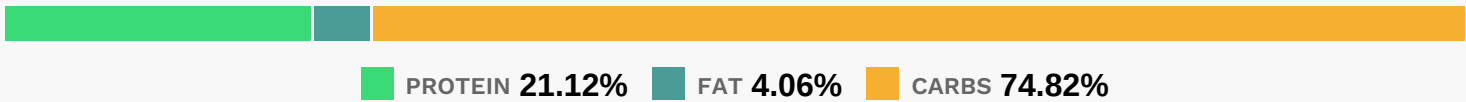
Equipment

☐ blender

Directions

- ☐ Place all ingredients in blender, and blend until well-combined.
- ☐ Garnish with blueberries and serve immediately.

Nutrition Facts



Properties

Glycemic Index:85.26, Glycemic Load:17.15, Inflammation Score:-7, Nutrition Score:15.102608784385%

Flavonoids

Cyanidin: 20.35mg, Cyanidin: 20.35mg, Cyanidin: 20.35mg, Cyanidin: 20.35mg Petunidin: 75.83mg, Petunidin: 75.83mg, Petunidin: 75.83mg, Petunidin: 75.83mg Delphinidin: 85.21mg, Delphinidin: 85.21mg, Delphinidin: 85.21mg, Delphinidin: 85.21mg Malvidin: 162.55mg, Malvidin: 162.55mg, Malvidin: 162.55mg, Malvidin: 162.55mg Peonidin: 48.8mg, Peonidin: 48.8mg, Peonidin: 48.8mg, Peonidin: 48.8mg Catechin: 12.72mg, Catechin: 12.72mg, Catechin: 12.72mg, Catechin: 12.72mg Epigallocatechin: 1.59mg, Epigallocatechin: 1.59mg, Epigallocatechin: 1.59mg, Epigallocatechin: 1.59mg Epicatechin: 1.49mg, Epicatechin: 1.49mg, Epicatechin: 1.49mg, Epicatechin: 1.49mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Kaempferol: 3.99mg, Kaempferol: 3.99mg, Kaempferol: 3.99mg, Kaempferol: 3.99mg Myricetin: 3.13mg, Myricetin: 3.13mg, Myricetin: 3.13mg, Myricetin: 3.13mg Quercetin: 18.45mg, Quercetin: 18.45mg, Quercetin: 18.45mg, Quercetin: 18.45mg Gallocatechin: 0.29mg, Gallocatechin: 0.29mg, Gallocatechin: 0.29mg, Gallocatechin: 0.29mg

Nutrients (% of daily need)

Calories: 252.17kcal (12.61%), Fat: 1.22g (1.87%), Saturated Fat: 0.21g (1.29%), Carbohydrates: 50.39g (16.8%), Net Carbohydrates: 44.47g (16.17%), Sugar: 38.97g (43.3%), Cholesterol: 6.84mg (2.28%), Sodium: 63.99mg (2.78%), Alcohol: 0.09g (100%), Alcohol %: 0.03% (100%), Protein: 14.22g (28.44%), Vitamin K: 46.49µg (44.28%), Manganese: 0.87mg (43.58%), Vitamin C: 23.39mg (28.35%), Vitamin B2: 0.46mg (27.3%), Fiber: 5.93g (23.7%), Phosphorus: 230.99mg (23.1%), Calcium: 209.44mg (20.94%), Vitamin B12: 1.06µg (17.59%), Selenium: 11.46µg (16.37%), Potassium: 435.38mg (12.44%), Vitamin B6: 0.23mg (11.38%), Vitamin B1: 0.15mg (9.69%), Vitamin E: 1.39mg (9.24%), Vitamin B5: 0.86mg (8.56%), Magnesium: 33.17mg (8.29%), Zinc: 1.22mg (8.12%), Copper: 0.16mg (8.01%), Vitamin B3: 1.31mg (6.53%), Folate: 22.88µg (5.72%), Vitamin A: 259.56IU (5.19%), Vitamin D: 0.67µg (4.49%), Iron: 0.81mg (4.49%)