

# Berry Smoothie

By Laoise Bennis from University of Limerick

Overview ...

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**67**  
Kcal / 100.0

WEIGHT:

**62.1% Carbs**  
**21.1% Protein**  
**16.8% Fat**

Food Labelling...

EU Label values per 100.0

Serves **1**

	PER 100.0	%RI	PER 633 SERVING	%RI
Energy(Kj)	<b>295</b> kJ	4%	<b>1870</b> kJ	22%
Energy(Kcal)	<b>70</b> kcal	4%	<b>443</b> kcal	22%
Fat	<b>1.3</b> g	2%	<b>8</b> g	11%
<i>of which saturates</i>	<b>0.8</b> g	4%	<b>4.8</b> g	24%
Carbohydrate	<b>10</b> g	4%	<b>66</b> g	25%
<i>of which sugars</i>	<b>10</b> g	11%	<b>64</b> g	71%
Fibre	<b>0.9</b> g	4%	<b>5.5</b> g	22%
Protein	<b>3.5</b> g	7%	<b>22</b> g	44%
Salt	<b>0.07</b> g	1%	<b>0.44</b> g	7%

CONTAINS:



MILK

Nutrient Breakdown per 100.0...

Energy	Lipid Components	Vitamins
Energy(Kcal) 3% RI	Saturated Fat 4% RI	Vitamin A (ret eq) 2% RI
Energy(Kj) 3% RI	Monounsaturated fat 1% RI	Retinol
<b>67kcal</b>	<i>cis-Mono</i>	Carotene
<b>285kJ</b>	Polyunsaturated fat 1% RI	Vitamin D 0% RI
<b>Macronutrients</b>	<i>Omega3(n-3)</i> 1% RI	Vitamin E 1% RI
Carbohydrate 4% RI	<i>Omega6(n-6)</i> 0% RI	Vitamin K 1 2% RI
Protein 7% RI	<i>cis-Poly</i>	Thiamin (B <sub>1</sub> ) 5% RI
Fat 2% RI	Trans-fatty acids	Riboflavin (B <sub>2</sub> ) 10% RI
Water	Cholesterol	Niacin total (B <sub>3</sub> ) 5% RI
Water from Drinks	<b>Minerals &amp; trace elements</b>	Niacin 2% RI
Alcohol (0% ABV)	Sodium 1% RI	Tryptophan
<b>Carbohydrate</b>	Potassium 9% RI	Pantothenic Acid (B <sub>5</sub> ) 6% RI
Starch	Chloride 11% RI	Vitamin B <sub>6</sub> 7% RI
Oligosaccharide	Calcium 9% RI	Folates (B <sub>9</sub> ) Total 7% RI
Fibre 3% RI	Phosphorus 9% RI	Vitamin B <sub>12</sub> 13% RI
NSP	Magnesium 3% RI	Biotin (B <sub>7</sub> ) 4% RI
Sugars 11% RI	Iron 1% RI	Vitamin C 12% RI
Glucose	Zinc 3% RI	<b>Other</b>
Galactose	Copper 3% RI	GI (estimated)
Fructose	Manganese 8% RI	GL
Sucrose	Selenium 1% RI	
Maltose	Iodine 13% RI	
Lactose		

Recipe Ingredients ...	Quantity:	Description:
Milk, whole, pasteurised, average	<b>203</b>	1.5x On cereal (30-35g portion )
Grapes, average	<b>50</b>	10x standard
Strawberries, raw	<b>78</b>	3x large
Blueberries	<b>31.5</b>	3x 15 blueberries
Bananas, flesh only	<b>100</b>	1x Medium
Honey, raw	<b>21</b>	1x tablespoon
Ice cubes	<b>24</b>	2x average cube
Yogurt, greek, plain, 0% fat	<b>125</b>	1x average pot

Portions / Pack Sizes ...	Quantity:	Kcal:	Sale Price
1 Serving	<b>632.5</b> 1 SERVING	<b>443</b>	

#### Ingredient List (QUID) ...

**Milk** (32.1%), 0% fat greek yogurt (19.8%) ( **Milk**), Bananas (15.8%), Strawberries (12.3%), Grapes (7.9%), Blueberries (5%), Ice cubes (3.8%), Honey (3.3%)

#### Cooking Instructions & Notes

Whizz all ingredients together in a blender, adjust amount of milk if necessary. If using frozen fruit omit the ice cubes.