



Apple Berry Smoothies



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



2

CALORIES



421 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 1 cup skim milk fat-free (skim)
- ☐ 1 apples i use 2 granny smith apples cored unpeeled coarsely chopped
- ☐ 7.6 oz triple sec yoplait®

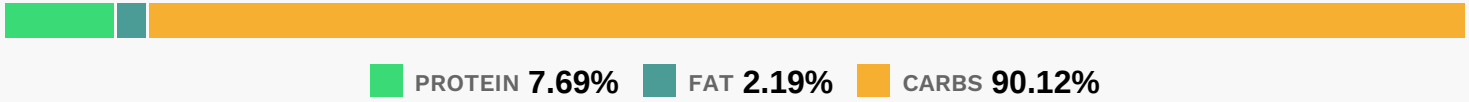
Equipment

- ☐ blender

Directions

- ☐
- In blender, place all ingredients. Cover; blend on high speed 1 minute to 1 minute 30 seconds, stopping to scrape sides as necessary, until smooth.
- ☐
- Pour into 2 glasses.
- ☐
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:32.63, Glycemic Load:5.31, Inflammation Score:-6, Nutrition Score:5.9408695438634%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg

Nutrients (% of daily need)

Calories: 420.77kcal (21.04%), Fat: 0.58g (0.89%), Saturated Fat: 0.2g (1.25%), Carbohydrates: 53.24g (17.75%), Net Carbohydrates: 51.05g (18.56%), Sugar: 50.34g (55.93%), Cholesterol: 3.67mg (1.23%), Sodium: 59.75mg (2.6%), Alcohol: 28.01g (100%), Alcohol %: 11.05% (100%), Caffeine: 28.01mg (9.34%), Protein: 4.55g (9.09%), Calcium: 168.24mg (16.82%), Phosphorus: 147.55mg (14.75%), Vitamin B12: 0.71µg (11.84%), Vitamin B2: 0.2mg (11.59%), Potassium: 334.26mg (9.55%), Vitamin D: 1.35µg (8.98%), Fiber: 2.18g (8.74%), Vitamin A: 299.04IU (5.98%), Vitamin B1: 0.09mg (5.89%), Magnesium: 22.48mg (5.62%), Vitamin B6: 0.11mg (5.42%), Vitamin C: 4.19mg (5.07%), Vitamin B5: 0.49mg (4.93%), Zinc: 0.62mg (4.13%), Selenium: 2.77µg (3.96%), Copper: 0.07mg (3.51%), Manganese: 0.05mg (2.69%), Vitamin K: 2µg (1.91%), Vitamin B3: 0.38mg (1.91%), Folate: 5.18µg (1.29%), Vitamin E: 0.16mg (1.09%)