



Apple-Kiwi Smoothie



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



2

CALORIES



175 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 1 small apples peeled cut into chunks
- ☐ 1 kiwi fruit peeled cut into chunks
- ☐ 4 medium strawberries fresh
- ☐ 0.7 cup strawberry yogurt fat free 99% yoplait® (from 2-lb container)
- ☐ 0.3 cup apple juice

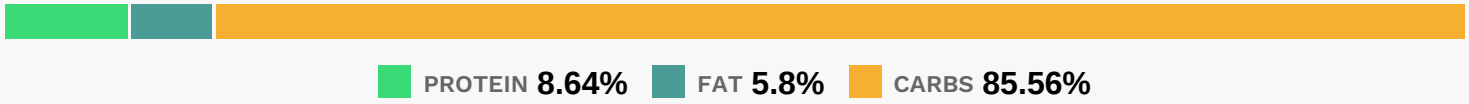
Equipment

- ☐ blender

Directions

- ☐ In blender, place ingredients. Cover; blend on high speed about 30 seconds or until smooth.
- ☐ Pour into 2 glasses.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:82.71, Glycemic Load:7.77, Inflammation Score:-4, Nutrition Score:8.426956569371%

Flavonoids

Cyanidin: 1.58mg, Cyanidin: 1.58mg, Cyanidin: 1.58mg, Cyanidin: 1.58mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 2.23mg, Catechin: 2.23mg, Catechin: 2.23mg, Catechin: 2.23mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 7.78mg, Epicatechin: 7.78mg, Epicatechin: 7.78mg, Epicatechin: 7.78mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.51mg, Quercetin: 3.51mg, Quercetin: 3.51mg, Quercetin: 3.51mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 175.12kcal (8.76%), Fat: 1.19g (1.83%), Saturated Fat: 0.46g (2.84%), Carbohydrates: 39.42g (13.14%), Net Carbohydrates: 35.46g (12.89%), Sugar: 31.03g (34.48%), Cholesterol: 7.35mg (2.45%), Sodium: 49.83mg (2.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.98g (7.96%), Vitamin C: 51.9mg (62.91%), Vitamin K: 20.5µg (19.53%), Fiber: 3.96g (15.84%), Calcium: 115.74mg (11.57%), Potassium: 392.82mg (11.22%), Vitamin B2: 0.19mg (11.18%), Manganese: 0.19mg (9.69%), Phosphorus: 96.02mg (9.6%), Vitamin B12: 0.42µg (7.08%), Vitamin E: 0.8mg (5.33%), Folate: 19.83µg (4.96%), Copper: 0.1mg (4.88%), Magnesium: 16.19mg (4.05%), Vitamin B6: 0.08mg (3.85%), Vitamin B1: 0.04mg (2.63%), Iron: 0.45mg (2.52%), Vitamin A: 108.43IU (2.17%), Vitamin B5: 0.18mg (1.79%), Vitamin B3: 0.36mg (1.79%)