

Apple Pie Smoothie

 Gluten Free

READY IN



10 min.

SERVINGS



2

CALORIES



386 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 2 cups apple juice
- ☐ 1 banana
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 dash ground nutmeg
- ☐ 0.5 cup pumpkin pie filling
- ☐ 12 ounce vanilla yogurt

Equipment

- ☐ blender

Directions

- ☐ Combine the yogurt, pumpkin pie filling, banana, apple juice, cinnamon, and nutmeg in a blender.
- ☐ Blend until smooth, about 1 minute.
- ☐ Pour into glasses and serve.

Nutrition Facts



Properties

Glycemic Index:85.26, Glycemic Load:17.86, Inflammation Score:-10, Nutrition Score:19.757391336172%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 6.7mg, Catechin: 6.7mg, Catechin: 6.7mg, Catechin: 6.7mg Epicatechin: 11.69mg, Epicatechin: 11.69mg, Epicatechin: 11.69mg, Epicatechin: 11.69mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg

Nutrients (% of daily need)

Calories: 386.47kcal (19.32%), Fat: 2.92g (4.5%), Saturated Fat: 1.67g (10.43%), Carbohydrates: 83.82g (27.94%), Net Carbohydrates: 75.55g (27.47%), Sugar: 54.69g (60.77%), Cholesterol: 8.5mg (2.83%), Sodium: 263.35mg (11.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.08g (20.16%), Vitamin A: 5717.99IU (114.36%), Manganese: 0.81mg (40.47%), Calcium: 349.57mg (34.96%), Fiber: 8.27g (33.07%), Vitamin B2: 0.51mg (29.85%), Phosphorus: 292.05mg (29.21%), Potassium: 933.42mg (26.67%), Vitamin B6: 0.45mg (22.37%), Vitamin B5: 2.03mg (20.29%), Magnesium: 67.86mg (16.97%), Vitamin B12: 0.9µg (15.03%), Selenium: 9.95µg (14.22%), Folate: 54.58µg (13.64%), Vitamin C: 11.14mg (13.5%), Zinc: 1.76mg (11.74%), Vitamin B1: 0.15mg (10.3%), Iron: 1.38mg (7.69%), Copper: 0.15mg (7.62%), Vitamin B3: 1.03mg (5.14%)