



Apple Turnover Smoothies

 **Gluten Free**  **Dairy Free**

READY IN



10 min.

SERVINGS



2

CALORIES



178 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 1 cup apples chopped
- 1 slices apples
- 12 oz apples light fat free yoplait®
- 2 servings apple pie spice
- 0.5 cup apple sauce unsweetened

Equipment

- blender

Directions

- In blender, place yogurt, applesauce and chopped apple. Cover; blend on medium speed until smooth.
- Pour into 2 glasses; top with apple pie spice and apple slice.

Nutrition Facts



Properties

Glycemic Index:48, Glycemic Load:10.47, Inflammation Score:-4, Nutrition Score:5.6582609052243%

Flavonoids

Cyanidin: 4.51mg, Cyanidin: 4.51mg, Cyanidin: 4.51mg, Cyanidin: 4.51mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 4.15mg, Catechin: 4.15mg, Catechin: 4.15mg, Catechin: 4.15mg Epigallocatechin: 0.75mg, Epigallocatechin: 0.75mg, Epigallocatechin: 0.75mg, Epigallocatechin: 0.75mg Epicatechin: 24.92mg, Epicatechin: 24.92mg, Epicatechin: 24.92mg, Epicatechin: 24.92mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.55mg, Epigallocatechin 3-gallate: 0.55mg, Epigallocatechin 3-gallate: 0.55mg, Epigallocatechin 3-gallate: 0.55mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Quercetin: 12.73mg, Quercetin: 12.73mg, Quercetin: 12.73mg, Quercetin: 12.73mg

Nutrients (% of daily need)

Calories: 178.33kcal (8.92%), Fat: 0.68g (1.04%), Saturated Fat: 0.15g (0.94%), Carbohydrates: 47.21g (15.74%), Net Carbohydrates: 39.5g (14.36%), Sugar: 35.66g (39.63%), Cholesterol: 0mg (0%), Sodium: 4.61mg (0.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.91g (1.82%), Fiber: 7.71g (30.84%), Vitamin C: 14.05mg (17.03%), Manganese: 0.27mg (13.71%), Potassium: 358.96mg (10.26%), Vitamin B6: 0.14mg (6.91%), Vitamin K: 6.91µg (6.58%), Vitamin B2: 0.09mg (5.55%), Copper: 0.1mg (4.94%), Vitamin B1: 0.07mg (4.4%), Magnesium: 17.54mg (4.39%), Vitamin E: 0.63mg (4.22%), Iron: 0.68mg (3.79%), Phosphorus: 35.81mg (3.58%), Vitamin A: 175.33IU (3.51%), Folate: 10.68µg (2.67%), Calcium: 26.49mg (2.65%), Vitamin B5: 0.2mg (2%), Vitamin B3: 0.33mg (1.67%), Zinc: 0.16mg (1.05%)