



Apple Turnover Smoothies

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

READY IN



10 min.

SERVINGS



2

CALORIES



177 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

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

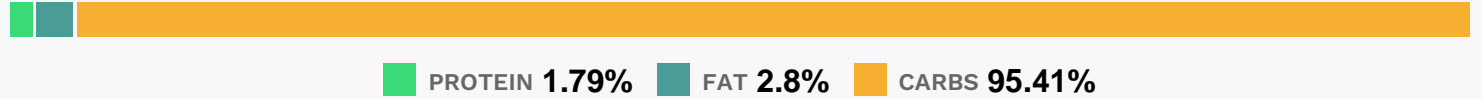
Equipment

- 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:5.380869573873%

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: 176.62kcal (8.83%), Fat: 0.61g (0.94%), Saturated Fat: 0.12g (0.74%), Carbohydrates: 46.86g (15.62%), Net Carbohydrates: 39.22g (14.26%), Sugar: 35.62g (39.58%), Cholesterol: 0mg (0%), Sodium: 4.35mg (0.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.88g (1.76%), Fiber: 7.64g (30.54%), Vitamin C: 13.93mg (16.89%), Potassium: 355.65mg (10.16%), Manganese: 0.19mg (9.75%), Vitamin B6: 0.14mg (6.81%), Vitamin K: 6.76µg (6.44%), Vitamin B2: 0.09mg (5.51%), Copper: 0.1mg (4.82%), Vitamin B1: 0.07mg (4.35%), Magnesium: 16.86mg (4.22%), Vitamin E: 0.62mg (4.16%), Phosphorus: 35.22mg (3.52%), Vitamin A: 174.03IU (3.48%), Iron: 0.58mg (3.24%), Folate: 10.56µg (2.64%), Calcium: 23.08mg (2.31%), Vitamin B5: 0.2mg (2%), Vitamin B3: 0.32mg (1.62%)