



B and L's Strawberry Smoothie



Vegetarian



Gluten Free



Popular

READY IN



6 min.

SERVINGS



2

CALORIES



154 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 6 cubes ice cubes crushed
- ☐ 0.5 cup yogurt plain
- ☐ 0.5 cup skim milk
- ☐ 8 strawberries hulled
- ☐ 2 teaspoons vanilla extract
- ☐ 3 tablespoons sugar white

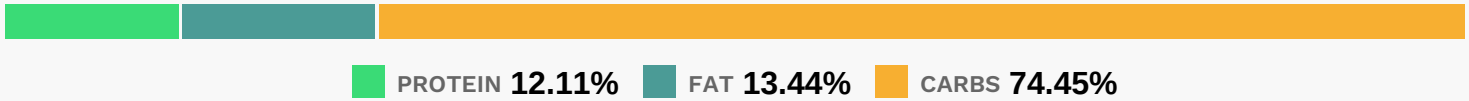
Equipment

- ☐ blender

Directions

- ☐ In a blender combine strawberries, milk, yogurt, sugar and vanilla. Toss in the ice. Blend until smooth and creamy.
- ☐ Pour into glasses and serve.

Nutrition Facts



Properties

Glycemic Index:81.17, Glycemic Load:15.19, Inflammation Score:-3, Nutrition Score:6.73217404407%

Flavonoids

Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Pelargonidin: 11.93mg, Pelargonidin: 11.93mg, Pelargonidin: 11.93mg, Pelargonidin: 11.93mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.49mg, Catechin: 1.49mg, Catechin: 1.49mg, Catechin: 1.49mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 154.37kcal (7.72%), Fat: 2.24g (3.45%), Saturated Fat: 1.32g (8.26%), Carbohydrates: 27.97g (9.32%), Net Carbohydrates: 27.01g (9.82%), Sugar: 26.76g (29.74%), Cholesterol: 9.8mg (3.27%), Sodium: 56.41mg (2.45%), Alcohol: 1.38g (100%), Alcohol %: 0.74% (100%), Protein: 4.55g (9.1%), Vitamin C: 28.53mg (34.58%), Calcium: 164.52mg (16.45%), Phosphorus: 135.49mg (13.55%), Vitamin B2: 0.19mg (10.88%), Manganese: 0.2mg (9.97%), Vitamin B12: 0.58µg (9.7%), Potassium: 276.95mg (7.91%), Magnesium: 21.84mg (5.46%), Vitamin B5: 0.52mg (5.18%), Vitamin D: 0.74µg (4.9%), Zinc: 0.71mg (4.76%), Vitamin B1: 0.06mg (4.27%), Folate: 17.03µg (4.26%), Selenium: 2.87µg (4.1%), Vitamin B6: 0.08mg (3.94%), Fiber: 0.96g (3.84%), Vitamin A: 191.35IU (3.83%), Copper: 0.04mg (2.03%), Vitamin B3: 0.32mg (1.6%), Iron: 0.24mg (1.34%), Vitamin E: 0.18mg (1.17%), Vitamin K: 1.18µg (1.12%)