



## Berry-Banana Smoothie

 Vegetarian

READY IN



10 min.

SERVINGS



2

CALORIES



174 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

### Ingredients

- 1 cup raspberries plain fat-free yoplait®
- 0.5 cup cheerios
- 2 tablespoons ground flaxseed
- 0.5 cup raspberries fresh whole frozen
- 0.5 cup skim milk fat-free (skim)
- 1 tablespoons sugar
- 0.5 banana

### Equipment

blender

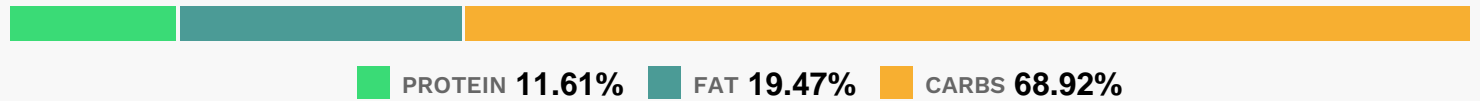
## Directions

Place all ingredients in blender. Cover and blend on high speed 10 seconds; stop blender to scrape sides. Cover and blend about 20 seconds longer or until smooth.

Pour mixture into glasses.

Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:121.06, Glycemic Load:9.75, Inflammation Score:-7, Nutrition Score:14.735652115034%

## Flavonoids

Cyanidin: 41.19mg, Cyanidin: 41.19mg, Cyanidin: 41.19mg, Cyanidin: 41.19mg Petunidin: 0.28mg, Petunidin: 0.28mg, Petunidin: 0.28mg, Petunidin: 0.28mg Delphinidin: 1.19mg, Delphinidin: 1.19mg, Delphinidin: 1.19mg, Delphinidin: 1.19mg Malvidin: 0.12mg, Malvidin: 0.12mg, Malvidin: 0.12mg, Malvidin: 0.12mg Pelargonidin: 0.88mg, Pelargonidin: 0.88mg, Pelargonidin: 0.88mg, Pelargonidin: 0.88mg Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg Catechin: 2.98mg, Catechin: 2.98mg, Catechin: 2.98mg, Catechin: 2.98mg Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg Epicatechin: 3.17mg, Epicatechin: 3.17mg, Epicatechin: 3.17mg, Epicatechin: 3.17mg Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

## Nutrients (% of daily need)

Calories: 173.89kcal (8.69%), Fat: 4.05g (6.23%), Saturated Fat: 0.42g (2.63%), Carbohydrates: 32.27g (10.76%), Net Carbohydrates: 23.21g (8.44%), Sugar: 17g (18.89%), Cholesterol: 1.84mg (0.61%), Sodium: 54.56mg (2.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.43g (10.87%), Manganese: 1.04mg (52.23%), Fiber: 9.06g (36.23%), Vitamin C: 27.31mg (33.11%), Folate: 69.6µg (17.4%), Magnesium: 68.54mg (17.13%), Vitamin B1: 0.26mg (17.02%), Phosphorus: 161.81mg (16.18%), Vitamin B6: 0.32mg (16.02%), Iron: 2.62mg (14.55%), Calcium: 141.48mg (14.15%), Potassium: 434.06mg (12.4%), Vitamin B12: 0.71µg (11.84%), Zinc: 1.71mg (11.37%), Copper: 0.21mg (10.57%), Vitamin B3: 1.96mg (9.81%), Vitamin B2: 0.15mg (9.04%), Vitamin B5: 0.74mg (7.39%), Vitamin K: 7.57µg (7.21%), Vitamin A: 346.73IU (6.93%), Selenium: 4.82µg (6.89%), Vitamin D: 0.86µg (5.75%), Vitamin E: 0.86mg (5.7%)