



Berry Cooler Lemonade

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



5 min.

SERVINGS



2

CALORIES



169 kcal

BEVERAGE

DRINK

Ingredients

- 7.6 oz poached berries frozen yoplait®
- 0.8 cup pink lemonade kool-aid
- 0.3 cup vodka

Equipment

- blender

Directions

In blender, place lemonade, vodka and contents of Yoplait Frozen Smoothie bag. Cover; blend on high speed 1 minute to 1 minute 30 seconds, stopping blender to scrape down sides as necessary, until smooth.

Pour into glasses.

Nutrition Facts

PROTEIN 1.72% **FAT 5.88%** **CARBS 92.4%**

Properties

Glycemic Index:39.75, Glycemic Load:7.24, Inflammation Score:-3, Nutrition Score:2.91565218827%

Flavonoids

Cyanidin: 4.7mg, Cyanidin: 4.7mg, Cyanidin: 4.7mg, Cyanidin: 4.7mg Petunidin: 19.56mg, Petunidin: 19.56mg, Petunidin: 19.56mg, Petunidin: 19.56mg Delphinidin: 23.26mg, Delphinidin: 23.26mg, Delphinidin: 23.26mg, Delphinidin: 23.26mg Malvidin: 53.49mg, Malvidin: 53.49mg, Malvidin: 53.49mg, Malvidin: 53.49mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.51mg, Peonidin: 0.51mg, Peonidin: 0.51mg, Peonidin: 0.51mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.94mg, Luteolin: 1.94mg, Luteolin: 1.94mg, Luteolin: 1.94mg Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg Myricetin: 1.9mg, Myricetin: 1.9mg, Myricetin: 1.9mg, Myricetin: 1.9mg Quercetin: 5mg, Quercetin: 5mg, Quercetin: 5mg, Quercetin: 5mg

Nutrients (% of daily need)

Calories: 169.13kcal (8.46%), Fat: 0.69g (1.06%), Saturated Fat: 0.06g (0.36%), Carbohydrates: 24.36g (8.12%), Net Carbohydrates: 21.46g (7.8%), Sugar: 19.57g (21.75%), Cholesterol: 0mg (0%), Sodium: 6.99mg (0.3%), Alcohol: 10.02g (100%), Alcohol %: 5.61% (100%), Protein: 0.45g (0.9%), Vitamin K: 17.67µg (16.83%), Fiber: 2.91g (11.63%), Manganese: 0.16mg (7.92%), Vitamin E: 0.52mg (3.45%), Vitamin C: 2.69mg (3.26%), Vitamin B6: 0.06mg (3.18%), Vitamin B3: 0.56mg (2.8%), Vitamin B2: 0.04mg (2.47%), Vitamin B1: 0.04mg (2.4%), Copper: 0.04mg (1.93%), Folate: 7.54µg (1.89%), Potassium: 58.47mg (1.67%), Vitamin B5: 0.13mg (1.35%), Magnesium: 5.39mg (1.35%), Phosphorus: 13.35mg (1.34%), Iron: 0.2mg (1.09%)