



Berry Orange Blaster



Vegetarian



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



2

CALORIES



194 kcal

SIDE DISH

Ingredients



1 cup orange juice



4 teaspoons honey



7.6 oz banana frozen yoplait®

Equipment

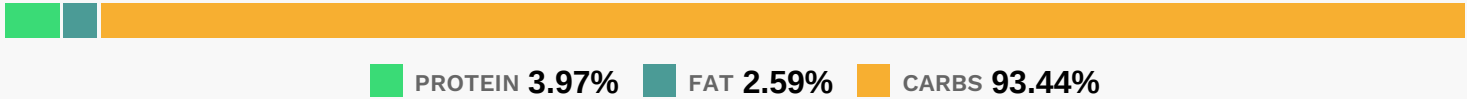


blender

Directions

- ☐ In blender, place orange juice, honey 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



Properties

Glycemic Index:79.53, Glycemic Load:24.51, Inflammation Score:-6, Nutrition Score:10.377391286518%

Flavonoids

Catechin: 6.57mg, Catechin: 6.57mg, Catechin: 6.57mg, Catechin: 6.57mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 14.82mg, Hesperetin: 14.82mg, Hesperetin: 14.82mg, Hesperetin: 14.82mg Naringenin: 2.65mg, Naringenin: 2.65mg, Naringenin: 2.65mg, Naringenin: 2.65mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 194.24kcal (9.71%), Fat: 0.6g (0.93%), Saturated Fat: 0.15g (0.94%), Carbohydrates: 48.99g (16.33%), Net Carbohydrates: 45.92g (16.7%), Sugar: 35.05g (38.95%), Cholesterol: 0mg (0%), Sodium: 2.88mg (0.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.08g (4.17%), Vitamin C: 71.44mg (86.6%), Vitamin B6: 0.45mg (22.42%), Potassium: 640.95mg (18.31%), Manganese: 0.32mg (15.97%), Folate: 59.03µg (14.76%), Fiber: 3.08g (12.31%), Magnesium: 43.01mg (10.75%), Vitamin B1: 0.14mg (9.67%), Copper: 0.14mg (7.18%), Vitamin B2: 0.12mg (7.13%), Vitamin A: 316.95IU (6.34%), Vitamin B3: 1.23mg (6.15%), Vitamin B5: 0.6mg (6.05%), Phosphorus: 45.34mg (4.53%), Iron: 0.59mg (3.26%), Calcium: 19.87mg (1.99%), Selenium: 1.31µg (1.88%), Zinc: 0.25mg (1.7%), Vitamin E: 0.16mg (1.05%)