



## Berry Orange Smoothies

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



2

CALORIES



413 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

## Ingredients

- ☐ 1 cup skim milk fat-free (skim)
- ☐ 1 cup baby carrots
- ☐ 1 3 large clementines peeled quartered
- ☐ 7.6 oz triple sec yoplait®

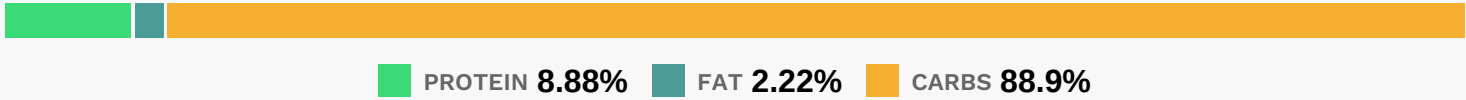
## Equipment

- ☐ blender

# Directions

- ☐ In blender, place all ingredients. Cover; blend on high speed 1 minute to 1 minute 30 seconds, stopping to scrape sides as necessary, until smooth.
- ☐ Pour into 2 glasses.
- ☐ Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:51.63, Glycemic Load:4.66, Inflammation Score:-10, Nutrition Score:12.631739149923%

## Nutrients (% of daily need)

Calories: 413.24kcal (20.66%), Fat: 0.56g (0.86%), Saturated Fat: 0.19g (1.18%), Carbohydrates: 50.4g (16.8%), Net Carbohydrates: 47.91g (17.42%), Sugar: 47.32g (52.58%), Cholesterol: 3.67mg (1.23%), Sodium: 109.13mg (4.74%), Alcohol: 28.01g (100%), Alcohol %: 10.72% (100%), Caffeine: 28.01mg (9.34%), Protein: 5.03g (10.07%), Vitamin A: 9075.5IU (181.51%), Vitamin C: 19.72mg (23.9%), Calcium: 194.36mg (19.44%), Phosphorus: 163.23mg (16.32%), Potassium: 454.06mg (12.97%), Vitamin B2: 0.21mg (12.21%), Vitamin B12: 0.71µg (11.84%), Fiber: 2.48g (9.94%), Vitamin D: 1.35µg (8.98%), Vitamin B6: 0.17mg (8.3%), Vitamin B1: 0.12mg (8.26%), Vitamin B5: 0.75mg (7.5%), Folate: 28.61µg (7.15%), Magnesium: 28.03mg (7.01%), Manganese: 0.13mg (6.36%), Copper: 0.13mg (6.27%), Vitamin K: 6.02µg (5.73%), Selenium: 3.39µg (4.84%), Zinc: 0.71mg (4.76%), Vitamin B3: 0.89mg (4.45%), Iron: 0.69mg (3.81%)