



Berry-Orange Sunrise Smoothie

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



8 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 2 Tbsp knudsen cream fat free sour
- 0.3 cup milk fat-free
- 1 cup strawberries frozen sliced
- 1 cup water cold

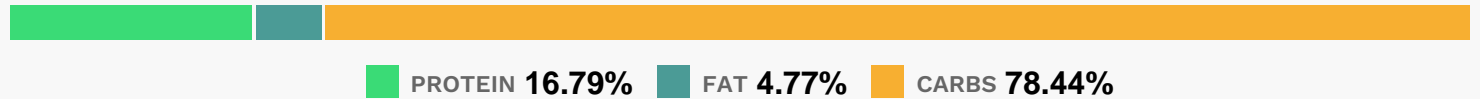
Equipment

- blender

Directions

- Add drink mix to water; stir until mix is dissolved.
- Remove 2 Tbsp. prepared drink; add to blender. Reserve remaining prepared drink for other use. (See Tip.)
- Blend prepared drink and remaining ingredients on high speed until smooth.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:7.32, Glycemic Load:0.43, Inflammation Score:-1, Nutrition Score:1.1356521780076%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 3.58mg, Pelargonidin: 3.58mg, Pelargonidin: 3.58mg, Pelargonidin: 3.58mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 8.47kcal (0.42%), Fat: 0.05g (0.07%), Saturated Fat: 0.01g (0.03%), Carbohydrates: 1.78g (0.59%), Net Carbohydrates: 1.49g (0.54%), Sugar: 1.02g (1.14%), Cholesterol: 0.4mg (0.13%), Sodium: 7.22mg (0.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.38g (0.76%), Vitamin C: 8.47mg (10.26%), Manganese: 0.06mg (2.79%), Calcium: 14.1mg (1.41%), Phosphorus: 12.29mg (1.23%), Fiber: 0.29g (1.15%), Potassium: 35.36mg (1.01%)