



Berrylicious" Smoothie

 Vegetarian

READY IN



5 min.

SERVINGS



5

CALORIES



46 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 1 cup ice cubes
- 0.3 oz kool-aid singles cherry flavor drink mix
- 6 strawberries
- 6 oz strawberry yogurt low-fat

Equipment

- blender

Directions

- Blend all ingredients except ice in blender until smooth.
- Add ice; blend on high speed until thickened.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.33, Inflammation Score:-1, Nutrition Score:1.7791304225507%

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: 45.86kcal (2.29%), Fat: 0.5g (0.76%), Saturated Fat: 0.25g (1.53%), Carbohydrates: 8.97g (2.99%), Net Carbohydrates: 8.57g (3.12%), Sugar: 7.28g (8.09%), Cholesterol: 3.43mg (1.14%), Sodium: 27.42mg (1.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.61g (3.22%), Vitamin C: 8.51mg (10.32%), Vitamin B2: 0.08mg (4.62%), Calcium: 45.03mg (4.5%), Phosphorus: 35.47mg (3.55%), Vitamin B12: 0.19µg (3.15%), Manganese: 0.06mg (2.96%), Potassium: 93.85mg (2.68%), Fiber: 0.39g (1.57%), Folate: 4.16µg (1.04%)