



Blueberry Bootlegger

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



2

CALORIES



215 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.8 cup milk
- 0.3 cup rum light
- 1 tablespoon juice of lime
- 7.6 oz pomegranate frozen yoplait®

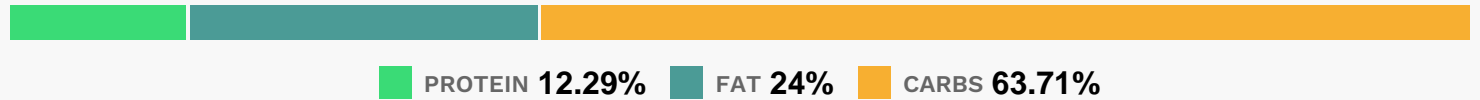
Equipment

- blender

Directions

- In blender, place milk, rum, lime juice 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:60, Glycemic Load:12.23, Inflammation Score:-4, Nutrition Score:8.2299999413283%

Flavonoids

Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg Gallocatechin: 0.18mg, Gallocatechin: 0.18mg, Gallocatechin: 0.18mg, Gallocatechin: 0.18mg

Nutrients (% of daily need)

Calories: 215.49kcal (10.77%), Fat: 4.19g (6.45%), Saturated Fat: 1.83g (11.45%), Carbohydrates: 25.05g (8.35%), Net Carbohydrates: 20.71g (7.53%), Sugar: 19.29g (21.43%), Cholesterol: 10.98mg (3.66%), Sodium: 38.45mg (1.67%), Alcohol: 10.02g (100%), Alcohol %: 5.36% (100%), Protein: 4.83g (9.66%), Fiber: 4.34g (17.36%), Vitamin K: 17.99µg (17.13%), Vitamin C: 13.24mg (16.05%), Phosphorus: 133.45mg (13.34%), Calcium: 124.37mg (12.44%), Potassium: 400.86mg (11.45%), Vitamin B2: 0.19mg (10.92%), Folate: 41.69µg (10.42%), Copper: 0.18mg (8.97%), Vitamin B1: 0.13mg (8.47%), Vitamin B12: 0.49µg (8.23%), Vitamin B5: 0.76mg (7.57%), Vitamin B6: 0.14mg (6.99%), Manganese: 0.14mg (6.93%), Vitamin D: 1.01µg (6.71%), Magnesium: 24.51mg (6.13%), Zinc: 0.77mg (5.13%), Vitamin E: 0.71mg (4.72%), Selenium: 2.28µg (3.26%), Vitamin A: 151.98IU (3.04%), Vitamin B3: 0.43mg (2.13%), Iron: 0.34mg (1.9%)