



Bug Juice Smoothies

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



8

CALORIES



208 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 2 lb strawberry yogurt fat free 99% yoplait® (4 cups)
- 4 medium banana cut into chunks
- 2 cups strawberries frozen
- 2 cups orange juice

Equipment

- blender

Directions

- Place half of each ingredient in blender. Cover and blend on high speed about 30 seconds or until smooth.
- Pour into 4 glasses.
- Repeat with remaining ingredients.
- Pour into remaining 4 glasses.
- Serve immediately.

Nutrition Facts

 **PROTEIN 10.4%**  **FAT 6.02%**  **CARBS 83.58%**

Properties

Glycemic Index:18.35, Glycemic Load:10.63, Inflammation Score:-5, Nutrition Score:9.7065217443134%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 4.72mg, Catechin: 4.72mg, Catechin: 4.72mg, Catechin: 4.72mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg Naringenin: 1.42mg, Naringenin: 1.42mg, Naringenin: 1.42mg, Naringenin: 1.42mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 207.6kcal (10.38%), Fat: 1.45g (2.23%), Saturated Fat: 0.65g (4.08%), Carbohydrates: 45.23g (15.08%), Net Carbohydrates: 42.51g (15.46%), Sugar: 33.67g (37.41%), Cholesterol: 10.21mg (3.4%), Sodium: 63.94mg (2.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.63g (11.25%), Vitamin C: 57.3mg (69.46%), Potassium: 591.01mg (16.89%), Vitamin B2: 0.27mg (16.1%), Manganese: 0.31mg (15.35%), Calcium: 138mg (13.8%), Vitamin B6:

0.26mg (12.91%), Phosphorus: 120.61mg (12.06%), Fiber: 2.72g (10.87%), Vitamin B12: 0.59µg (9.83%), Folate: 39.04µg (9.76%), Magnesium: 27.43mg (6.86%), Vitamin B1: 0.08mg (5.52%), Copper: 0.09mg (4.53%), Vitamin A: 201.23IU (4.02%), Vitamin B3: 0.78mg (3.9%), Vitamin B5: 0.36mg (3.6%), Iron: 0.57mg (3.18%), Vitamin E: 0.19mg (1.25%), Selenium: 0.8µg (1.14%), Zinc: 0.17mg (1.13%), Vitamin K: 1.15µg (1.09%)