



Cereal and a Smoothie

 Vegetarian  Very Healthy

READY IN



10 min.

SERVINGS



1

CALORIES



337 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 0.8 cup bran flake cereal with dates, raisins and walnuts
- 0.5 cup milk fat-free
- 0.5 cup strawberries frozen
- 6 oz strawberry yogurt low-fat
- 2 Tbsp water

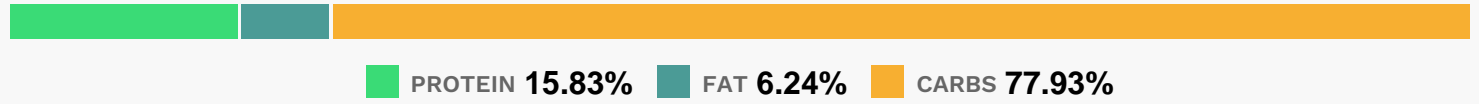
Equipment

- blender

Directions

- Place yogurt, strawberries and water in blender; cover. Blend until smooth.
- Pour milk over cereal.
- Serve with the smoothie.

Nutrition Facts



Properties

Glycemic Index:145.5, Glycemic Load:17.11, Inflammation Score:-9, Nutrition Score:29.194347708122%

Flavonoids

Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 336.59kcal (16.83%), Fat: 2.47g (3.81%), Saturated Fat: 1.04g (6.51%), Carbohydrates: 69.52g (23.17%), Net Carbohydrates: 62.08g (22.57%), Sugar: 44.54g (49.49%), Cholesterol: 18.98mg (6.33%), Sodium: 308mg (13.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.12g (28.24%), Manganese: 1.35mg (67.6%), Folate: 219.83µg (54.96%), Vitamin B2: 0.9mg (53.09%), Vitamin B12: 3.1µg (51.58%), Vitamin C: 42.34mg (51.32%), Iron: 8.92mg (49.54%), Phosphorus: 415.73mg (41.57%), Calcium: 371.02mg (37.1%), Vitamin B1: 0.48mg (31.73%), Vitamin B6: 0.61mg (30.74%), Fiber: 7.44g (29.76%), Vitamin B3: 5.43mg (27.16%), Selenium: 18.49µg (26.41%), Magnesium: 93.06mg (23.26%), Potassium: 775.71mg (22.16%), Vitamin A: 1061.27IU (21.23%), Vitamin D: 2.34µg (15.58%), Zinc: 2.16mg (14.37%), Copper: 0.19mg (9.59%), Vitamin B5: 0.79mg (7.88%), Vitamin E: 0.44mg (2.93%), Vitamin K: 2µg (1.91%)