



Cherry-Almond Smoothie

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



2

CALORIES



333 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 3 tablespoons almond butter
- 10 oz cherries sweet frozen
- 1 tablespoon honey
- 0.3 cup milk low-fat
- 0.5 cup vanilla yogurt low-fat

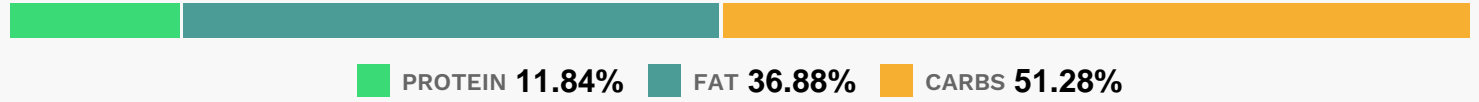
Equipment

- blender

Directions

- Place all ingredients in a blender and blend until smooth.
- Pour into glasses and serve immediately.

Nutrition Facts



Properties

Glycemic Index:37.14, Glycemic Load:8.85, Inflammation Score:-6, Nutrition Score:13.745217499526%

Flavonoids

Cyanidin: 42.82mg, Cyanidin: 42.82mg, Cyanidin: 42.82mg, Cyanidin: 42.82mg Pelargonidin: 0.38mg, Pelargonidin: 0.38mg, Pelargonidin: 0.38mg, Pelargonidin: 0.38mg Peonidin: 2.13mg, Peonidin: 2.13mg, Peonidin: 2.13mg, Peonidin: 2.13mg Catechin: 6.18mg, Catechin: 6.18mg, Catechin: 6.18mg, Catechin: 6.18mg Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg Epicatechin: 7.09mg, Epicatechin: 7.09mg, Epicatechin: 7.09mg, Epicatechin: 7.09mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg

Nutrients (% of daily need)

Calories: 333.33kcal (16.67%), Fat: 14.65g (22.54%), Saturated Fat: 1.71g (10.7%), Carbohydrates: 45.83g (15.28%), Net Carbohydrates: 40.36g (14.68%), Sugar: 37.74g (41.94%), Cholesterol: 4.54mg (1.51%), Sodium: 54.03mg (2.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.58g (21.16%), Vitamin E: 5.93mg (39.52%), Manganese: 0.62mg (31.12%), Phosphorus: 265.18mg (26.52%), Vitamin B2: 0.44mg (25.91%), Calcium: 244.24mg (24.42%), Magnesium: 96.1mg (24.03%), Fiber: 5.47g (21.88%), Potassium: 680.7mg (19.45%), Copper: 0.32mg (16.06%), Vitamin C: 10.46mg (12.68%), Zinc: 1.55mg (10.31%), Vitamin B12: 0.5µg (8.41%), Vitamin B5: 0.81mg (8.1%), Iron: 1.43mg (7.97%), Vitamin B6: 0.14mg (7.1%), Folate: 25.93µg (6.48%), Selenium: 4.28µg (6.12%), Vitamin B1: 0.09mg (6.04%), Vitamin B3: 1.09mg (5.44%), Vitamin A: 175.12IU (3.5%), Vitamin K: 3.07µg (2.92%), Vitamin D: 0.32µg (2.16%)