



Choco Snazzle Smoothie Shake



Vegetarian



Gluten Free

READY IN



3 min.

SERVINGS



2

CALORIES



116 kcal

BEVERAGE

DRINK

Ingredients

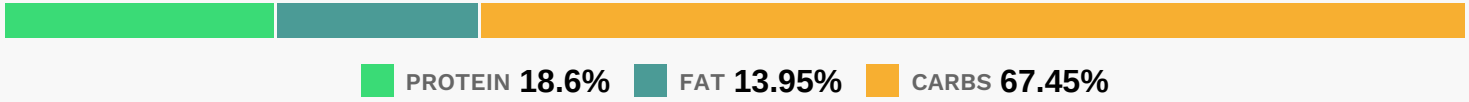
- ☐ 3 tsp cocoa powder
- ☐ 0.3 cup greek yoghurt
- ☐ 0.3 cup orange juice freshly squeezed
- ☐ 125 g raspberries
- ☐ 2 tsp runny honey sweet (depending on how you would like your smoothie to be)
- ☐ 0.5 cup semi-skimmed milk

Equipment

Directions

- ☐ Whizz up all the ingredients. Taste to see if you would like a little more honey to sweeten the drink. If it is a little thick for your liking, then add more milk and whizz again.
- ☐ Pour and serve.
- ☐ Enjoy!

Nutrition Facts



Properties

Glycemic Index:65.14, Glycemic Load:5.53, Inflammation Score:-4, Nutrition Score:8.8926087047743%

Flavonoids

Cyanidin: 28.61mg, Cyanidin: 28.61mg, Cyanidin: 28.61mg, Cyanidin: 28.61mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.82mg, Delphinidin: 0.82mg, Delphinidin: 0.82mg, Delphinidin: 0.82mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.61mg, Pelargonidin: 0.61mg, Pelargonidin: 0.61mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 1.79mg, Catechin: 1.79mg, Catechin: 1.79mg, Catechin: 1.79mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 5.15mg, Epicatechin: 5.15mg, Epicatechin: 5.15mg, Epicatechin: 5.15mg Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

Nutrients (% of daily need)

Calories: 115.9kcal (5.79%), Fat: 1.93g (2.98%), Saturated Fat: 0.91g (5.68%), Carbohydrates: 21.04g (7.01%), Net Carbohydrates: 16.35g (5.94%), Sugar: 14.94g (16.6%), Cholesterol: 5.97mg (1.99%), Sodium: 38.26mg (1.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 3.45mg (1.15%), Protein: 5.8g (11.61%), Vitamin C: 32.03mg (38.82%), Manganese: 0.5mg (24.84%), Fiber: 4.69g (18.77%), Vitamin B2: 0.22mg (12.87%), Phosphorus: 122.96mg (12.3%), Calcium: 119.93mg (11.99%), Potassium: 300.67mg (8.59%), Magnesium: 34.03mg (8.51%), Vitamin B12: 0.49µg (8.13%), Folate: 27.75µg (6.94%), Copper: 0.14mg (6.85%), Selenium: 4.38µg (6.25%), Vitamin B5: 0.57mg (5.66%), Zinc: 0.81mg (5.41%), Vitamin B1: 0.08mg (5.17%), Vitamin K: 5.06µg (4.82%), Vitamin B6: 0.09mg (4.43%), Iron: 0.76mg (4.22%), Vitamin E: 0.58mg (3.85%), Vitamin B3: 0.65mg (3.23%), Vitamin A: 143.8IU (2.88%)