



## Chocolate Hazelnut Breakfast Smoothies

 Vegetarian

READY IN



5 min.

SERVINGS



2

CALORIES



320 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

### Ingredients

- 1 cup skim milk fat-free (skim)
- 0.5 cup corn flakes/bran flakes
- 3 tablespoons nutella with cocoa nutella®
- 7.6 oz banana yoplait®

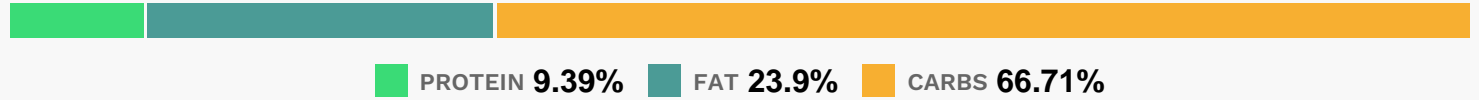
### Equipment

- blender

## Directions

- In blender, place all ingredients. Cover; blend on high speed 1 minute to 1 minute 30 seconds, stopping to scrape sides as necessary, until smooth.
- Pour into 2 glasses.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:94.81, Glycemic Load:23.05, Inflammation Score:-7, Nutrition Score:17.657391439313%

## Flavonoids

Catechin: 6.57mg, Catechin: 6.57mg, Catechin: 6.57mg, Catechin: 6.57mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 319.9kcal (16%), Fat: 8.91g (13.7%), Saturated Fat: 8.1g (50.64%), Carbohydrates: 55.92g (18.64%), Net Carbohydrates: 49.79g (18.11%), Sugar: 36.17g (40.19%), Cholesterol: 3.67mg (1.23%), Sodium: 116.68mg (5.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.87g (15.73%), Manganese: 0.89mg (44.61%), Vitamin B6: 0.66mg (32.96%), Vitamin B2: 0.43mg (25.08%), Fiber: 6.13g (24.52%), Phosphorus: 241.86mg (24.19%), Iron: 4.3mg (23.86%), Folate: 94.58µg (23.65%), Potassium: 756.48mg (21.61%), Vitamin B12: 1.29µg (21.42%), Magnesium: 84.45mg (21.11%), Calcium: 201.46mg (20.15%), Vitamin B1: 0.26mg (17.04%), Selenium: 9.78µg (13.97%), Copper: 0.27mg (13.33%), Vitamin B3: 2.65mg (13.25%), Vitamin A: 569.68IU (11.39%), Vitamin C: 9.37mg (11.36%), Vitamin D: 1.68µg (11.18%), Vitamin E: 1.56mg (10.41%), Zinc: 1.51mg (10.05%), Vitamin B5: 0.98mg (9.83%), Vitamin K: 1.21µg (1.15%)