



WHATSheATE



Chocolate-Raspberry Smoothie



Vegetarian



Gluten Free

READY IN



8 min.

SERVINGS



8

CALORIES



75 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 1.3 cups skim milk fat-free
- ☐ 1.5 cups yogurt frozen softened
- ☐ 0.3 cup powdered sugar sifted
- ☐ 1.3 cups raspberries unsweetened frozen
- ☐ 0.3 cup raspberries
- ☐ 2 tablespoons cocoa powder unsweetened

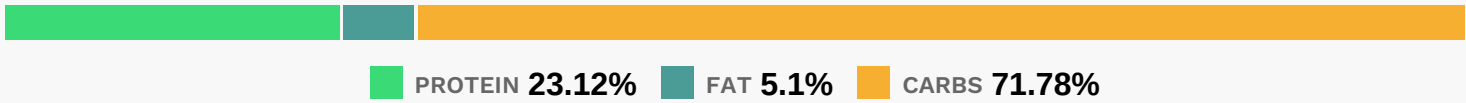
Equipment

- ☐ blender

Directions

- ☐ Place milk in container of an electric blender; add yogurt, powdered sugar, Chambord, and cocoa. Cover and process until smooth, stopping twice to scrape down sides.
- ☐ With blender running, remove center cap from cover, and drop raspberries into yogurt mixture; replace cap, and process until smooth.
- ☐ Pour into chilled glasses.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:10.66, Glycemic Load:1.01, Inflammation Score:-3, Nutrition Score:5.5913043747778%

Flavonoids

Cyanidin: 11.44mg, Cyanidin: 11.44mg, Cyanidin: 11.44mg, Cyanidin: 11.44mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.25mg, Pelargonidin: 0.25mg, Pelargonidin: 0.25mg, Pelargonidin: 0.25mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.34mg, Epicatechin: 3.34mg, Epicatechin: 3.34mg, Epicatechin: 3.34mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 74.91kcal (3.75%), Fat: 0.45g (0.69%), Saturated Fat: 0.18g (1.12%), Carbohydrates: 14.21g (4.74%), Net Carbohydrates: 12.13g (4.41%), Sugar: 11.61g (12.9%), Cholesterol: 2.14mg (0.71%), Sodium: 52.73mg (2.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.58g (9.16%), Calcium: 153.22mg (15.32%), Phosphorus: 132.24mg (13.22%), Manganese: 0.22mg (10.96%), Vitamin B2: 0.17mg (10.26%), Vitamin B12: 0.52µg (8.62%), Vitamin C: 6.96mg (8.44%), Fiber: 2.09g (8.35%), Potassium: 242.18mg (6.92%), Magnesium: 25.37mg (6.34%), Zinc: 0.82mg (5.47%), Vitamin B5: 0.53mg (5.26%), Selenium: 2.73µg (3.9%), Copper: 0.08mg (3.9%), Vitamin B1: 0.05mg (3.59%), Vitamin B6: 0.06mg (3.16%), Folate: 11.98µg (2.99%), Vitamin D: 0.45µg (2.99%), Iron: 0.39mg (2.17%), Vitamin K: 2.07µg (1.97%), Vitamin A: 94.77IU (1.9%), Vitamin E: 0.22mg (1.46%), Vitamin B3: 0.28mg (1.41%)