



Citrus Cream Smoothie



Vegetarian



Gluten Free

READY IN



28 min.

SERVINGS



6

CALORIES



189 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 2 medium bananas cut into 1-inch pieces
- ☐ 1 cup ice cubes
- ☐ 1.3 cups orange juice
- ☐ 2 tablespoons orange zest grated (from 1 large orange)
- ☐ 3 cups greek yogurt plain
- ☐ 0.5 cup sugar
- ☐ 2 teaspoons vanilla extract pure
- ☐ 0.5 cup water

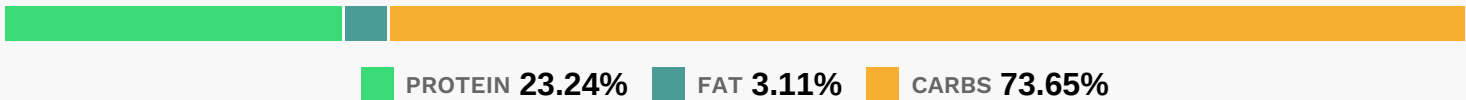
Equipment

- ☐ sauce pan
- ☐ blender

Directions

- ☐ In a small saucepan, bring the sugar and water to a boil over medium-high heat. Simmer, stirring occasionally, until the sugar has dissolved, about 5 minutes. Cool for 20 minutes.
- ☐ Pour the cooled syrup into a blender.
- ☐ Add the yogurt, orange juice, bananas, orange zest, vanilla extract, and ice. Blend until the mixture is smooth.
- ☐ Pour into glasses and serve.

Nutrition Facts



Properties

Glycemic Index:29.48, Glycemic Load:18.73, Inflammation Score:-4, Nutrition Score:8.2786955567806%

Flavonoids

Catechin: 2.4mg, Catechin: 2.4mg, Catechin: 2.4mg, Catechin: 2.4mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 6.17mg, Hesperetin: 6.17mg, Hesperetin: 6.17mg, Hesperetin: 6.17mg Naringenin: 1.11mg, Naringenin: 1.11mg, Naringenin: 1.11mg, Naringenin: 1.11mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 189.2kcal (9.46%), Fat: 0.66g (1.02%), Saturated Fat: 0.17g (1.03%), Carbohydrates: 35.25g (11.75%), Net Carbohydrates: 33.91g (12.33%), Sugar: 29.21g (32.46%), Cholesterol: 5mg (1.67%), Sodium: 40.21mg (1.75%), Alcohol: 0.46g (100%), Alcohol %: 0.22% (100%), Protein: 11.12g (22.24%), Vitamin C: 31.98mg (38.76%), Vitamin B2: 0.33mg (19.5%), Phosphorus: 153.94mg (15.39%), Selenium: 10.47µg (14.95%), Calcium: 123.96mg (12.4%), Vitamin B12: 0.7µg (11.67%), Vitamin B6: 0.23mg (11.64%), Potassium: 391.69mg (11.19%), Folate: 30.97µg (7.74%), Magnesium: 28.49mg (7.12%), Manganese: 0.13mg (6.31%), Vitamin B5: 0.57mg (5.71%), Vitamin B1: 0.08mg (5.55%), Fiber: 1.34g (5.35%), Zinc: 0.63mg (4.19%), Copper: 0.08mg (4.19%), Vitamin B3: 0.7mg (3.51%), Vitamin A: 140.91IU

(2.82%), Iron: 0.3mg (1.68%)