



## Citrus-Peach Smoothie

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



3

CALORIES



100 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

### Ingredients

- 8 ounces yogurt fat-free
- 1 cup peaches fresh unsweetened frozen canned drained sliced ()
- 0.8 cup orange juice
- 3 tablespoons blueberries

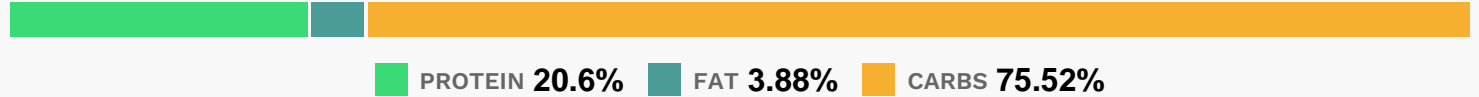
### Equipment

- blender

## Directions

- Place yogurt, peaches and orange juice in blender. Cover and blend on high
- speed about 30 seconds or until smooth.
- Pour mixture into glasses.
- Garnish with blueberries.

## Nutrition Facts



## Properties

Glycemic Index:44.08, Glycemic Load:5.78, Inflammation Score:-5, Nutrition Score:7.9695651427559%

## Flavonoids

Cyanidin: 2.24mg, Cyanidin: 2.24mg, Cyanidin: 2.24mg, Cyanidin: 2.24mg Petunidin: 4.66mg, Petunidin: 4.66mg, Petunidin: 4.66mg, Petunidin: 4.66mg Delphinidin: 5.24mg, Delphinidin: 5.24mg, Delphinidin: 5.24mg, Delphinidin: 5.24mg Malvidin: 9.99mg, Malvidin: 9.99mg, Malvidin: 9.99mg, Malvidin: 9.99mg Peonidin: 3mg, Peonidin: 3mg, Peonidin: 3mg, Peonidin: 3mg Catechin: 3.31mg, Catechin: 3.31mg, Catechin: 3.31mg, Catechin: 3.31mg Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg Epicatechin: 1.29mg, Epicatechin: 1.29mg, Epicatechin: 1.29mg, Epicatechin: 1.29mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

## Nutrients (% of daily need)

Calories: 100.22kcal (5.01%), Fat: 0.45g (0.69%), Saturated Fat: 0.12g (0.73%), Carbohydrates: 19.58g (6.53%), Net Carbohydrates: 18.33g (6.67%), Sugar: 16.79g (18.66%), Cholesterol: 1.51mg (0.5%), Sodium: 65.65mg (2.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.34g (10.68%), Vitamin C: 35.22mg (42.69%), Calcium: 160.2mg (16.02%), Phosphorus: 142.3mg (14.23%), Vitamin B2: 0.22mg (12.79%), Potassium: 390.79mg (11.17%), Folate: 31.64µg (7.91%), Vitamin B12: 0.46µg (7.69%), Vitamin B1: 0.11mg (7.33%), Vitamin B5: 0.7mg (6.99%), Magnesium: 26.18mg (6.54%), Vitamin A: 304.62IU (6.09%), Zinc: 0.91mg (6.04%), Selenium: 3.88µg (5.54%), Fiber: 1.25g (5%), Manganese: 0.09mg (4.67%), Vitamin K: 4.61µg (4.39%), Copper: 0.09mg (4.35%), Vitamin B6: 0.09mg (4.27%), Vitamin B3: 0.82mg (4.09%), Vitamin E: 0.48mg (3.23%), Iron: 0.41mg (2.27%)