



## Cool Yogurt Shake

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



5

CALORIES



77 kcal

BEVERAGE

DRINK

### Ingredients

- 1.5 cups cool whip free whipped topping frozen thawed
- 1 cup strawberries fresh
- 6 oz strawberry yogurt low-fat

### Equipment

- blender

### Directions

Place all ingredients in blender; cover. Blend until smooth.

Serve immediately.

## Nutrition Facts

**PROTEIN 10.71%** **FAT 16.92%** **CARBS 72.37%**

### Properties

Glycemic Index:8, Glycemic Load:0.65, Inflammation Score:-1, Nutrition Score:3.5304348131885%

### Flavonoids

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### Nutrients (% of daily need)

Calories: 77.44kcal (3.87%), Fat: 1.52g (2.33%), Saturated Fat: 0.82g (5.12%), Carbohydrates: 14.61g (4.87%), Net Carbohydrates: 13.84g (5.03%), Sugar: 10.86g (12.07%), Cholesterol: 6.66mg (2.22%), Sodium: 35.2mg (1.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.16g (4.32%), Vitamin C: 16.93mg (20.53%), Vitamin B2: 0.21mg (12.17%), Vitamin B12: 0.51µg (8.5%), Calcium: 65.65mg (6.56%), Manganese: 0.11mg (5.56%), Phosphorus: 48.75mg (4.87%), Potassium: 128.58mg (3.67%), Fiber: 0.77g (3.07%), Vitamin B1: 0.04mg (2.68%), Folate: 10.74µg (2.68%), Vitamin B6: 0.04mg (2.06%), Magnesium: 5.54mg (1.39%), Selenium: 0.79µg (1.13%), Vitamin A: 53.38IU (1.07%)