



Cool Yogurt Smoothie

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



5

CALORIES



92 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1.8 cups cool whip free whipped topping divided thawed
- 2 cups ice cubes
- 2 cups strawberries fresh
- 6 oz strawberry yogurt low-fat

Equipment

- blender

Directions

- Blend yogurt, 1-1/2 cups COOL WHIP and strawberries in blender until smooth.
- Add ice; blend on high speed until thickened.
- Pour into glasses; top with remaining COOL WHIP.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:1.31, Inflammation Score:-3, Nutrition Score:5.4743478246357%

Flavonoids

Cyanidin: 0.97mg, Cyanidin: 0.97mg, Cyanidin: 0.97mg, Cyanidin: 0.97mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 14.31mg, Pelargonidin: 14.31mg, Pelargonidin: 14.31mg, Pelargonidin: 14.31mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.79mg, Catechin: 1.79mg, Catechin: 1.79mg, Catechin: 1.79mg Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 92.24kcal (4.61%), Fat: 1.79g (2.76%), Saturated Fat: 0.93g (5.82%), Carbohydrates: 17.76g (5.92%), Net Carbohydrates: 16.4g (5.96%), Sugar: 12.87g (14.3%), Cholesterol: 7.26mg (2.42%), Sodium: 42.92mg (1.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.47g (4.93%), Vitamin C: 33.87mg (41.05%), Vitamin B2: 0.24mg (13.91%), Manganese: 0.22mg (11.12%), Vitamin B12: 0.57µg (9.42%), Calcium: 77.15mg (7.71%), Phosphorus: 58.21mg (5.82%), Fiber: 1.36g (5.44%), Potassium: 176.69mg (5.05%), Folate: 18.29µg (4.57%), Vitamin B1: 0.05mg (3.51%), Vitamin B6: 0.06mg (2.97%), Magnesium: 10.53mg (2.63%), Copper: 0.05mg (2.39%), Iron: 0.29mg (1.6%), Vitamin B3: 0.32mg (1.59%), Selenium: 1.02µg (1.45%), Vitamin K: 1.35µg (1.28%), Vitamin E: 0.19mg (1.27%), Vitamin A: 63.4IU (1.27%), Zinc: 0.17mg (1.14%)