



## Creamy Cantaloupe Smoothie

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



217 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

### Ingredients

- 2.5 cups cantaloupe frozen cubed peeled (1-inch)
- 2 tablespoons honey
- 0.5 teaspoon lime rind grated
- 0.5 cup milk 1% low-fat
- 5.3 ounce carton vanilla greek yogurt fat-free

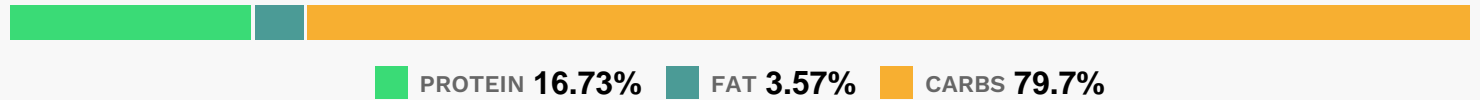
### Equipment

- blender

## Directions

- Place first 4 ingredients in a blender; process until smooth.
- Remove center piece of blender lid; secure lid on blender. With blender on, drop cantaloupe cubes, 1 at a time, through center of blender lid; process until smooth.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:75.89, Glycemic Load:18.97, Inflammation Score:-10, Nutrition Score:11.603912996209%

## Flavonoids

Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 1.28mg, Luteolin: 1.28mg, Luteolin: 1.28mg, Luteolin: 1.28mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 217.46kcal (10.87%), Fat: 0.92g (1.42%), Saturated Fat: 0.44g (2.73%), Carbohydrates: 46.25g (15.42%), Net Carbohydrates: 44.59g (16.22%), Sugar: 44.95g (49.95%), Cholesterol: 5.45mg (1.82%), Sodium: 106.4mg (4.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.71g (19.42%), Vitamin A: 6879.89IU (137.6%), Vitamin C: 22.05mg (26.73%), Potassium: 486.85mg (13.91%), Phosphorus: 95.7mg (9.57%), Calcium: 94.52mg (9.45%), Copper: 0.18mg (8.92%), Vitamin B1: 0.13mg (8.79%), Vitamin B2: 0.14mg (8.51%), Magnesium: 33.53mg (8.38%), Zinc: 1.18mg (7.87%), Folate: 29.64µg (7.41%), Vitamin B3: 1.48mg (7.41%), Selenium: 4.81µg (6.87%), Fiber: 1.66g (6.62%), Vitamin B6: 0.12mg (6.03%), Vitamin B12: 0.36µg (6%), Vitamin K: 5.46µg (5.2%), Manganese: 0.1mg (5.03%), Iron: 0.85mg (4.73%), Vitamin B5: 0.44mg (4.38%), Vitamin D: 0.65µg (4.33%)