



## Creamy Peach Smoothies



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



2

CALORIES



178 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

### Ingredients

- ☐ 1 tablespoon honey
- ☐ 0.8 cup orange juice
- ☐ 1 cup peaches frozen organic sliced cascadian farm® (from 10-oz bag)
- ☐ 6 oz vanilla yogurt french yoplait®

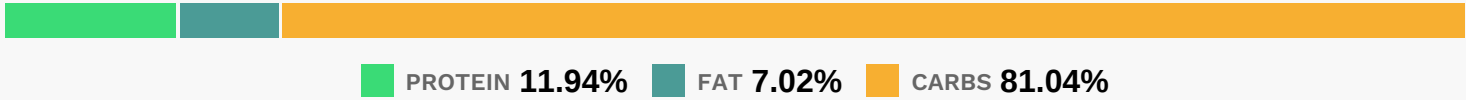
### Equipment

- ☐ food processor
- ☐ blender

# Directions

- ☐ In blender or food processor, place all ingredients. Cover; blend on high speed about 1 minute or until smooth.
- ☐ Pour into 2 glasses.
- ☐ Serve immediately.

# Nutrition Facts



# Properties

Glycemic Index:72.26, Glycemic Load:12.11, Inflammation Score:-6, Nutrition Score:9.5726087922635%

# Flavonoids

Cyanidin: 1.48mg, Cyanidin: 1.48mg, Cyanidin: 1.48mg, Cyanidin: 1.48mg Catechin: 3.79mg, Catechin: 3.79mg, Catechin: 3.79mg, Catechin: 3.79mg Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg Epicatechin: 1.8mg, Epicatechin: 1.8mg, Epicatechin: 1.8mg, Epicatechin: 1.8mg Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 11.11mg, Hesperetin: 11.11mg, Hesperetin: 11.11mg, Hesperetin: 11.11mg Naringenin: 1.99mg, Naringenin: 1.99mg, Naringenin: 1.99mg, Naringenin: 1.99mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

# Nutrients (% of daily need)

Calories: 178.4kcal (8.92%), Fat: 1.46g (2.24%), Saturated Fat: 0.72g (4.52%), Carbohydrates: 37.84g (12.61%), Net Carbohydrates: 36.48g (13.26%), Sugar: 34.63g (38.48%), Cholesterol: 4.25mg (1.42%), Sodium: 67.49mg (2.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.58g (11.15%), Vitamin C: 50.39mg (61.08%), Calcium: 159.37mg (15.94%), Phosphorus: 147.99mg (14.8%), Potassium: 471.66mg (13.48%), Vitamin B2: 0.23mg (13.34%), Folate: 42.09µg (10.52%), Vitamin A: 473.59IU (9.47%), Vitamin B1: 0.14mg (9.19%), Selenium: 5.96µg (8.52%), Vitamin B5: 0.77mg (7.71%), Magnesium: 30.21mg (7.55%), Vitamin B12: 0.45µg (7.51%), Zinc: 0.95mg (6.35%), Copper: 0.12mg (5.79%), Vitamin B3: 1.1mg (5.48%), Fiber: 1.36g (5.45%), Vitamin B6: 0.1mg (4.86%), Vitamin E: 0.62mg (4.11%), Manganese: 0.07mg (3.59%), Iron: 0.55mg (3.06%), Vitamin K: 2.49µg (2.37%)