



## Creamy Strawberry-Pineapple Smoothie

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



2

CALORIES



81 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

### Ingredients

- 0.5 cup yogurt plain low-fat
- 0.5 cup pineapple juice
- 0.5 cup strawberries halved

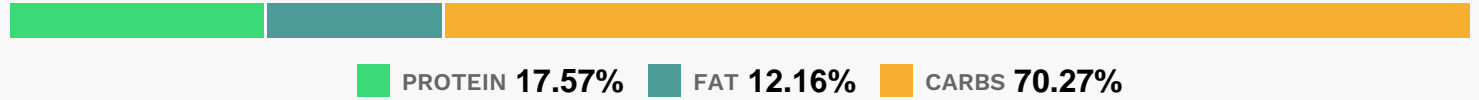
### Equipment

- blender

### Directions

Blend pineapple juice, yogurt, strawberries, and banana together in a blender until smooth.

## Nutrition Facts



### Properties

Glycemic Index:43, Glycemic Load:4.26, Inflammation Score:-3, Nutrition Score:6.4173913831296%

### Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg Galocatechin: 0.01mg, Galocatechin: 0.01mg, Galocatechin: 0.01mg, Galocatechin: 0.01mg

### Nutrients (% of daily need)

Calories: 81.38kcal (4.07%), Fat: 1.13g (1.74%), Saturated Fat: 0.62g (3.89%), Carbohydrates: 14.67g (4.89%), Net Carbohydrates: 13.83g (5.03%), Sugar: 11.96g (13.29%), Cholesterol: 3.67mg (1.23%), Sodium: 44.42mg (1.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.67g (7.34%), Vitamin C: 27.56mg (33.4%), Manganese: 0.44mg (21.94%), Calcium: 125.52mg (12.55%), Phosphorus: 101.56mg (10.16%), Vitamin B2: 0.15mg (8.9%), Potassium: 275.11mg (7.86%), Folate: 26µg (6.5%), Vitamin B12: 0.34µg (5.72%), Magnesium: 22.17mg (5.54%), Vitamin B6: 0.11mg (5.3%), Vitamin B1: 0.07mg (4.65%), Zinc: 0.66mg (4.4%), Vitamin B5: 0.44mg (4.4%), Fiber: 0.84g (3.35%), Copper: 0.07mg (3.3%), Selenium: 2.22µg (3.18%), Iron: 0.38mg (2.11%), Vitamin B3: 0.33mg (1.63%), Vitamin K: 1.09µg (1.04%)