



WHATSheATE

Creamy Strawberry Rhubarb Smoothies



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



2

CALORIES



231 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 2 tablespoons agave nectar
- ☐ 1 cup 1/4 cup dried cranberry (juice sweetened if possible)
- ☐ 1 cup rhubarb frozen chopped
- ☐ 6 oz vanilla yogurt
- ☐ 1 cup strawberries frozen

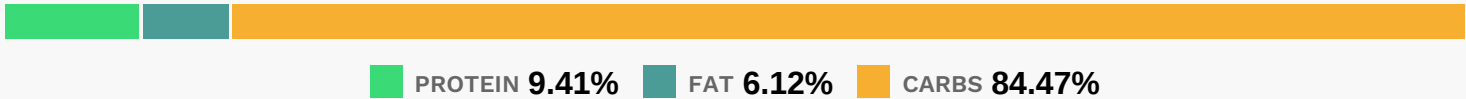
Equipment

- ☐ blender

Directions

- ☐ In blender, place all ingredients. Cover; blend with on-and-off pulses until pureed.
- ☐ Pour into 2 drinking glasses.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:62, Glycemic Load:12.83, Inflammation Score:-5, Nutrition Score:13.177826010663%

Flavonoids

Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 3.56mg, Catechin: 3.56mg, Catechin: 3.56mg, Catechin: 3.56mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.61mg, Epicatechin: 0.61mg, Epicatechin: 0.61mg, Epicatechin: 0.61mg Epicatechin 3-gallate: 0.47mg, Epicatechin 3-gallate: 0.47mg, Epicatechin 3-gallate: 0.47mg, Epicatechin 3-gallate: 0.47mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 231.43kcal (11.57%), Fat: 1.66g (2.55%), Saturated Fat: 0.74g (4.63%), Carbohydrates: 51.51g (17.17%), Net Carbohydrates: 48.81g (17.75%), Sugar: 45.51g (50.57%), Cholesterol: 4.25mg (1.42%), Sodium: 62.66mg (2.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.74g (11.47%), Vitamin C: 63.23mg (76.64%), Vitamin K: 30.72µg (29.26%), Calcium: 219.74mg (21.97%), Manganese: 0.4mg (20.1%), Potassium: 570.34mg (16.3%), Phosphorus: 157.29mg (15.73%), Vitamin B2: 0.26mg (15.44%), Vitamin E: 2.11mg (14.1%), Fiber: 2.71g (10.83%), Vitamin B6: 0.2mg (10.08%), Folate: 38.47µg (9.62%), Magnesium: 38.09mg (9.52%), Selenium: 5.61µg (8.01%), Vitamin B12: 0.45µg (7.51%), Vitamin B1: 0.1mg (6.81%), Zinc: 1mg (6.64%), Copper: 0.13mg (6.49%), Vitamin B5: 0.61mg (6.11%), Iron: 0.82mg (4.58%), Vitamin B3: 0.81mg (4.06%), Vitamin A: 164.36IU (3.29%)