



Dark Cherry Smoothie

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



169 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 12 ounce cherries dark sweet frozen pitted
- ☐ 1.5 cups yogurt plain fat-free
- ☐ 0.3 cup honey

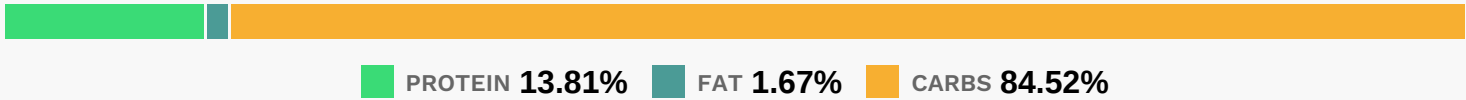
Equipment

- ☐ blender

Directions

- ☐ Place yogurt in blender.
- ☐ Add honey and cherries; process until smooth.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:18.57, Glycemic Load:11.7, Inflammation Score:-3, Nutrition Score:6.1856521795625%

Flavonoids

Cyanidin: 25.69mg, Cyanidin: 25.69mg, Cyanidin: 25.69mg, Cyanidin: 25.69mg Pelargonidin: 0.23mg, Pelargonidin: 0.23mg, Pelargonidin: 0.23mg, Pelargonidin: 0.23mg Peonidin: 1.28mg, Peonidin: 1.28mg, Peonidin: 1.28mg, Peonidin: 1.28mg Catechin: 3.71mg, Catechin: 3.71mg, Catechin: 3.71mg, Catechin: 3.71mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 4.25mg, Epicatechin: 4.25mg, Epicatechin: 4.25mg Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg

Nutrients (% of daily need)

Calories: 169.44kcal (8.47%), Fat: 0.34g (0.52%), Saturated Fat: 0.14g (0.87%), Carbohydrates: 38.12g (12.71%), Net Carbohydrates: 36.29g (13.2%), Sugar: 35.34g (39.26%), Cholesterol: 1.84mg (0.61%), Sodium: 71.59mg (3.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.23g (12.46%), Calcium: 195.16mg (19.52%), Phosphorus: 162.95mg (16.3%), Vitamin B2: 0.25mg (14.77%), Potassium: 434.11mg (12.4%), Vitamin B12: 0.56µg (9.34%), Vitamin C: 6.89mg (8.35%), Vitamin B5: 0.77mg (7.73%), Fiber: 1.83g (7.31%), Magnesium: 27.24mg (6.81%), Zinc: 1mg (6.65%), Selenium: 3.48µg (4.97%), Vitamin B6: 0.1mg (4.77%), Vitamin B1: 0.07mg (4.47%), Manganese: 0.08mg (4.05%), Folate: 14.85µg (3.71%), Copper: 0.07mg (3.62%), Iron: 0.48mg (2.65%), Vitamin K: 1.97µg (1.88%), Vitamin B3: 0.27mg (1.35%), Vitamin A: 60.86IU (1.22%)