



## Double-Berry Smoothie

 Vegetarian

READY IN



5 min.

SERVINGS



5

CALORIES



76 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

### Ingredients

- 1.3 cups ice cubes
- 1 cup yogurt plain low-fat
- 0.3 cup kool-aid strawberry flavor sugar-sweetened drink mix
- 1 cup strawberries fresh

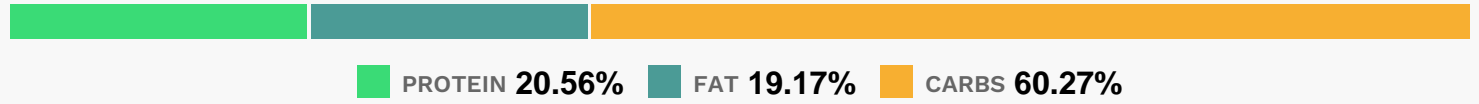
### Equipment

- blender

## Directions

- Blend first 3 ingredients in blender until smooth.
- Add ice; blend on high speed until thickened.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:8, Glycemic Load:0.65, Inflammation Score:-2, Nutrition Score:5.0008695721626%

## Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Pelargonidin: 7.16mg, Pelargonidin: 7.16mg, Pelargonidin: 7.16mg, Pelargonidin: 7.16mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg

## Nutrients (% of daily need)

Calories: 75.75kcal (3.79%), Fat: 1.64g (2.52%), Saturated Fat: 0.89g (5.57%), Carbohydrates: 11.6g (3.87%), Net Carbohydrates: 11.01g (4%), Sugar: 8.83g (9.81%), Cholesterol: 4.94mg (1.65%), Sodium: 71.3mg (3.1%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 3.96g (7.91%), Vitamin C: 17.57mg (21.29%), Calcium: 120.89mg (12.09%), Vitamin B2: 0.19mg (11.05%), Phosphorus: 107.31mg (10.73%), Manganese: 0.13mg (6.64%), Potassium: 221.89mg (6.34%), Vitamin B12: 0.34µg (5.68%), Magnesium: 20.42mg (5.1%), Vitamin B1: 0.07mg (4.7%), Selenium: 3.1µg (4.43%), Folate: 16.14µg (4.03%), Vitamin B5: 0.38mg (3.78%), Zinc: 0.56mg (3.77%), Vitamin B6: 0.07mg (3.59%), Vitamin B3: 0.6mg (3.02%), Fiber: 0.58g (2.34%), Copper: 0.05mg (2.32%), Iron: 0.22mg (1.2%), Vitamin K: 1.18µg (1.13%)