



Double-Fruit Shakes

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



8

CALORIES



186 kcal

BEVERAGE

DRINK

Ingredients

- 2 lb strawberry yogurt fat free 99% yoplait® (4 cups)
- 20 oz raspberries sweetened frozen thawed
- 2 cups banana sliced

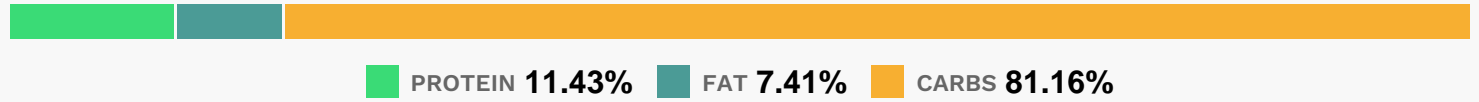
Equipment

- blender

Directions

- In blender, place ingredients. Cover; blend on high speed about 30 seconds or until smooth.
- Pour into 8 glasses.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:10.1, Glycemic Load:5.14, Inflammation Score:-3, Nutrition Score:8.5191303491592%

Flavonoids

Cyanidin: 32.44mg, Cyanidin: 32.44mg, Cyanidin: 32.44mg, Cyanidin: 32.44mg Petunidin: 0.22mg, Petunidin: 0.22mg, Petunidin: 0.22mg, Petunidin: 0.22mg Delphinidin: 0.94mg, Delphinidin: 0.94mg, Delphinidin: 0.94mg, Delphinidin: 0.94mg Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg Pelargonidin: 0.69mg, Pelargonidin: 0.69mg, Pelargonidin: 0.69mg, Pelargonidin: 0.69mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 3.22mg, Catechin: 3.22mg, Catechin: 3.22mg, Catechin: 3.22mg Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg Epicatechin: 2.5mg, Epicatechin: 2.5mg, Epicatechin: 2.5mg, Epicatechin: 2.5mg Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 185.9kcal (9.29%), Fat: 1.61g (2.47%), Saturated Fat: 0.62g (3.89%), Carbohydrates: 39.55g (13.18%), Net Carbohydrates: 33.63g (12.23%), Sugar: 27.21g (30.24%), Cholesterol: 10.21mg (3.4%), Sodium: 63.45mg (2.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.57g (11.14%), Manganese: 0.58mg (28.81%), Vitamin C: 21.83mg (26.46%), Fiber: 5.92g (23.69%), Vitamin B2: 0.26mg (15.2%), Calcium: 142.06mg (14.21%), Potassium: 441.98mg (12.63%), Phosphorus: 117.25mg (11.73%), Vitamin B12: 0.59µg (9.83%), Vitamin B6: 0.18mg (8.83%), Magnesium: 25.72mg (6.43%), Folate: 22.38µg (5.6%), Vitamin K: 5.72µg (5.44%), Copper: 0.09mg (4.65%), Vitamin E: 0.65mg (4.36%), Iron: 0.73mg (4.08%), Vitamin B5: 0.36mg (3.58%), Vitamin B3: 0.67mg (3.37%), Zinc: 0.35mg (2.36%), Vitamin B1: 0.03mg (2.29%), Vitamin A: 82.54IU (1.65%)