



 **100%**
HEALTH SCORE

Fiber One® Strawberry Smoothies

 Vegetarian  Very Healthy

READY IN



5 min.

SERVINGS



2

CALORIES



513 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 6 oz strawberry yogurt fat free 99% yoplait®
- 1 cup cashew pieces fresh unsweetened whole frozen
- 0.8 cup skim milk fat-free (skim)
- 2 tablespoons all-bran cereal

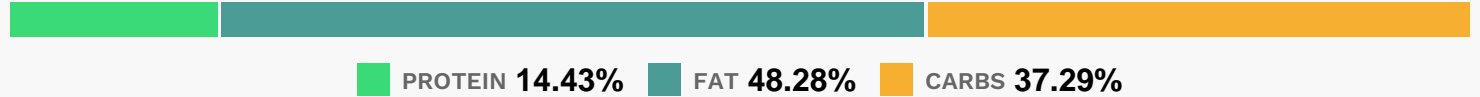
Equipment

- blender

Directions

- In blender, place all ingredients. Cover; blend on high speed 10 seconds.
- Scrape down sides of blender. Cover; blend about 20 seconds longer or until smooth.
- Pour into 2 glasses.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:51.56, Glycemic Load:8.83, Inflammation Score:-9, Nutrition Score:38.025217574576%

Nutrients (% of daily need)

Calories: 512.97kcal (25.65%), Fat: 29.85g (45.92%), Saturated Fat: 5.65g (35.33%), Carbohydrates: 51.86g (17.29%), Net Carbohydrates: 45.15g (16.42%), Sugar: 25.4g (28.22%), Cholesterol: 10.41mg (3.47%), Sodium: 130.34mg (5.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.07g (40.14%), Manganese: 2.17mg (108.3%), Vitamin B6: 2.1mg (104.83%), Copper: 1.57mg (78.57%), Phosphorus: 717.18mg (71.72%), Magnesium: 252.89mg (63.22%), Vitamin B12: 3.76µg (62.58%), Folate: 211.67µg (52.92%), Vitamin B1: 0.66mg (44%), Vitamin B2: 0.71mg (41.86%), Zinc: 5.98mg (39.83%), Iron: 7.02mg (39.01%), Calcium: 294.51mg (29.45%), Fiber: 6.72g (26.86%), Potassium: 880.49mg (25.16%), Selenium: 16.06µg (22.95%), Vitamin K: 22.76µg (21.68%), Vitamin B3: 2.98mg (14.91%), Vitamin D: 1.65µg (10.98%), Vitamin B5: 1.04mg (10.42%), Vitamin A: 472.12IU (9.44%), Vitamin E: 0.76mg (5.04%), Vitamin C: 3.28mg (3.98%)