



Fiber One® Strawberry Smoothies



Vegetarian



Very Healthy

READY IN



5 min.

SERVINGS



2

CALORIES



179 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

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

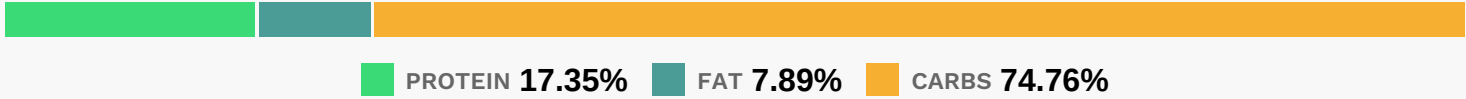
Equipment

- ☐ 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:58.96, Glycemic Load:6.1, Inflammation Score:-8, Nutrition Score:26.661304390949%

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: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg 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: 179.32kcal (8.97%), Fat: 1.78g (2.74%), Saturated Fat: 0.64g (4.02%), Carbohydrates: 37.92g (12.64%), Net Carbohydrates: 31.89g (11.6%), Sugar: 25.11g (27.9%), Cholesterol: 10.41mg (3.47%), Sodium: 123.32mg (5.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.8g (17.61%), Vitamin B6: 1.86mg (93.08%), Manganese: 1.38mg (68.82%), Vitamin B12: 3.76µg (62.58%), Vitamin C: 45.29mg (54.9%), Folate: 212.82µg (53.21%), Vitamin B2: 0.69mg (40.59%), Phosphorus: 351.97mg (35.2%), Calcium: 282.17mg (28.22%), Vitamin B1: 0.4mg (26.96%), Fiber: 6.03g (24.11%), Magnesium: 73.91mg (18.48%), Iron: 3.01mg (16.71%), Potassium: 564.95mg (16.14%), Zinc: 2.35mg (15.65%), Vitamin B3: 2.57mg (12.87%), Vitamin D: 1.65µg (10.98%), Vitamin A: 480.76IU (9.62%), Copper: 0.19mg (9.51%), Vitamin B5: 0.57mg (5.75%), Selenium: 3.52µg (5.02%), Vitamin E: 0.38mg (2.57%), Vitamin K: 2.35µg

(2.24%)