



## Summer's Bounty Smoothies

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



2

CALORIES



222 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

### Ingredients

- 1 banana ripe peeled cut into chunks
- 1 nectarines pitted ripe peeled quartered
- 4 large strawberries fresh cut in half
- 1 cup strawberry yogurt frozen

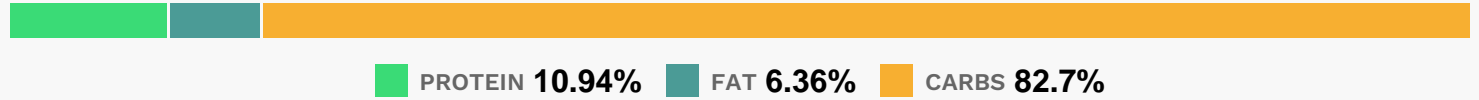
### Equipment

- food processor
- blender

# Directions

- In blender or food processor, place all ingredients. Cover; blend on high speed 20 to 30 seconds or until smooth.
- Pour into 2 glasses.
- Serve immediately.

# Nutrition Facts



# Properties

Glycemic Index:68.89, Glycemic Load:10.1, Inflammation Score:-5, Nutrition Score:9.8678261041641%

# Flavonoids

Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 13.42mg, Pelargonidin: 13.42mg, Pelargonidin: 13.42mg, Pelargonidin: 13.42mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 7.39mg, Catechin: 7.39mg, Catechin: 7.39mg, Catechin: 7.39mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 2.04mg, Epicatechin: 2.04mg, Epicatechin: 2.04mg, Epicatechin: 2.04mg Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

# Nutrients (% of daily need)

Calories: 222.43kcal (11.12%), Fat: 1.66g (2.55%), Saturated Fat: 0.69g (4.29%), Carbohydrates: 48.49g (16.16%), Net Carbohydrates: 44.45g (16.16%), Sugar: 36.51g (40.57%), Cholesterol: 11.02mg (3.67%), Sodium: 77.74mg (3.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.41g (12.83%), Vitamin C: 38.94mg (47.2%), Manganese: 0.41mg (20.3%), Vitamin B2: 0.29mg (17.33%), Potassium: 603.67mg (17.25%), Fiber: 4.05g (16.19%), Calcium: 145.31mg (14.53%), Phosphorus: 139.95mg (13.99%), Vitamin B6: 0.26mg (12.98%), Vitamin B12: 0.64µg (10.62%), Magnesium: 29.34mg (7.34%), Folate: 29.02µg (7.26%), Vitamin B3: 1.4mg (6.98%), Copper: 0.13mg (6.51%), Vitamin A: 317.93IU (6.36%), Vitamin E: 0.65mg (4.32%), Iron: 0.75mg (4.15%), Vitamin B5: 0.4mg (3.96%), Vitamin B1: 0.06mg (3.69%), Vitamin K: 2.9µg (2.76%), Zinc: 0.31mg (2.09%), Selenium: 0.81µg (1.15%)