



Fresh Cherry Smoothie

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



159 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 1.5 cups yogurt plain fat-free
- ☐ 0.3 cup honey
- ☐ 1.5 cups ice cubes
- ☐ 2 cups cherries sweet pitted

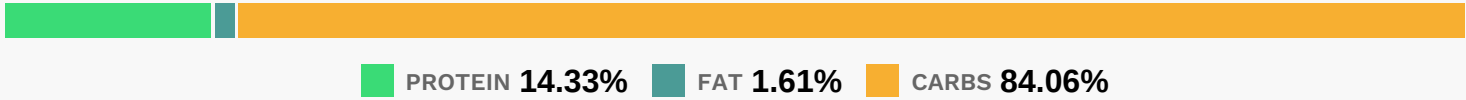
Equipment

- ☐ blender

Directions

- ☐ Combine all ingredients in a blender; process until smooth.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:18.57, Glycemic Load:11.21, Inflammation Score:-2, Nutrition Score:5.8773912787437%

Flavonoids

Cyanidin: 20.84mg, Cyanidin: 20.84mg, Cyanidin: 20.84mg, Cyanidin: 20.84mg Pelargonidin: 0.19mg, Pelargonidin: 0.19mg, Pelargonidin: 0.19mg, Pelargonidin: 0.19mg Peonidin: 1.03mg, Peonidin: 1.03mg, Peonidin: 1.03mg, Peonidin: 1.03mg Catechin: 3.01mg, Catechin: 3.01mg, Catechin: 3.01mg, Catechin: 3.01mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 3.45mg, Epicatechin: 3.45mg, Epicatechin: 3.45mg, Epicatechin: 3.45mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg

Nutrients (% of daily need)

Calories: 159.33kcal (7.97%), Fat: 0.3g (0.47%), Saturated Fat: 0.13g (0.83%), Carbohydrates: 35.55g (11.85%), Net Carbohydrates: 34.06g (12.39%), Sugar: 33.28g (36.98%), Cholesterol: 1.84mg (0.61%), Sodium: 76.03mg (3.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.06g (12.12%), Calcium: 195.73mg (19.57%), Phosphorus: 159.58mg (15.96%), Vitamin B2: 0.25mg (14.46%), Potassium: 398.48mg (11.39%), Vitamin B12: 0.56µg (9.34%), Vitamin B5: 0.74mg (7.41%), Vitamin C: 5.76mg (6.99%), Zinc: 1mg (6.63%), Magnesium: 26.36mg (6.59%), Fiber: 1.49g (5.97%), Selenium: 3.48µg (4.97%), Vitamin B6: 0.09mg (4.38%), Vitamin B1: 0.06mg (4.18%), Copper: 0.08mg (3.85%), Folate: 14.21µg (3.55%), Manganese: 0.07mg (3.49%), Iron: 0.42mg (2.33%), Vitamin K: 1.63µg (1.56%), Vitamin B3: 0.25mg (1.23%), Vitamin A: 50.59IU (1.01%)