



Fresh Cherry Smoothie



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



40 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 0.8 cup yogurt plain fat-free low-fat
- ☐ 2 tablespoons honey
- ☐ 0.8 cup ice cubes
- ☐ 1 cup cherries sweet pitted

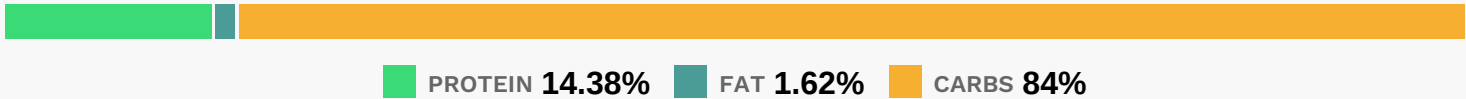
Equipment

- ☐ blender

Directions

- ☐ Place all ingredients in a blender; process until smooth.
- ☐ Serve immediately.
- ☐ Pouring the measured cherries, ice, and yogurt into the blender with your guidance.

Nutrition Facts



Properties

Glycemic Index:9.28, Glycemic Load:2.78, Inflammation Score:-1, Nutrition Score:1.4691304130399%

Flavonoids

Cyanidin: 5.21mg, Cyanidin: 5.21mg, Cyanidin: 5.21mg, Cyanidin: 5.21mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 0.26mg, Peonidin: 0.26mg, Peonidin: 0.26mg, Peonidin: 0.26mg Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.86mg, Epicatechin: 0.86mg, Epicatechin: 0.86mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 39.69kcal (1.98%), Fat: 0.08g (0.12%), Saturated Fat: 0.03g (0.21%), Carbohydrates: 8.85g (2.95%), Net Carbohydrates: 8.48g (3.08%), Sugar: 8.28g (9.2%), Cholesterol: 0.46mg (0.15%), Sodium: 19mg (0.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.51g (3.03%), Calcium: 48.93mg (4.89%), Phosphorus: 39.89mg (3.99%), Vitamin B2: 0.06mg (3.61%), Potassium: 99.6mg (2.85%), Vitamin B12: 0.14µg (2.34%), Vitamin B5: 0.19mg (1.85%), Vitamin C: 1.44mg (1.75%), Zinc: 0.25mg (1.66%), Magnesium: 6.59mg (1.65%), Fiber: 0.37g (1.49%), Selenium: 0.87µg (1.24%), Vitamin B6: 0.02mg (1.09%), Vitamin B1: 0.02mg (1.05%)