



Fresh Peach Smoothie

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



148 kcal

SIDE DISH

Ingredients

- 0.1 teaspoon almond extract
- 1 tablespoon honey
- 0.8 cup peach nectar
- 3 cups peaches fresh frozen sliced
- 10.6 ounce skim vanilla greek yogurt fat-free

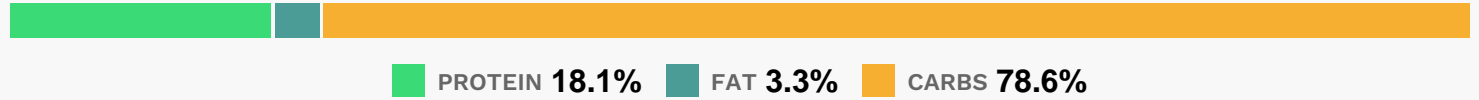
Equipment

- oven
- blender

Directions

- Place first 4 ingredients in a blender; process until blended.
- Add peaches; process until smooth. Divide evenly among four glasses; garnish each serving with a mint sprig, if desired.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:23.13, Glycemic Load:6.25, Inflammation Score:0, Nutrition Score:3.5169565003851%

Flavonoids

Cyanidin: 2.22mg, Cyanidin: 2.22mg, Cyanidin: 2.22mg, Cyanidin: 2.22mg Catechin: 5.68mg, Catechin: 5.68mg, Catechin: 5.68mg, Catechin: 5.68mg Epigallocatechin: 1.2mg, Epigallocatechin: 1.2mg, Epigallocatechin: 1.2mg, Epigallocatechin: 1.2mg Epicatechin: 2.7mg, Epicatechin: 2.7mg, Epicatechin: 2.7mg, Epicatechin: 2.7mg Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 147.81kcal (7.39%), Fat: 0.58g (0.89%), Saturated Fat: 0.04g (0.25%), Carbohydrates: 30.93g (10.31%), Net Carbohydrates: 29.14g (10.6%), Sugar: 28.68g (31.87%), Cholesterol: 2.5mg (0.83%), Sodium: 42.91mg (1.87%), Alcohol: 0.04g (100%), Alcohol %: 0.02% (100%), Protein: 7.12g (14.25%), Vitamin A: 496.98IU (9.94%), Fiber: 1.79g (7.16%), Vitamin E: 0.98mg (6.52%), Potassium: 225.44mg (6.44%), Vitamin C: 4.76mg (5.77%), Copper: 0.1mg (5.02%), Vitamin B3: 0.98mg (4.9%), Manganese: 0.08mg (4.19%), Vitamin K: 4.03µg (3.83%), Vitamin B1: 0.06mg (3.72%), Selenium: 2.56µg (3.66%), Magnesium: 11.23mg (2.81%), Phosphorus: 27.03mg (2.7%), Vitamin B2: 0.04mg (2.64%), Iron: 0.45mg (2.49%), Vitamin B6: 0.05mg (2.37%), Vitamin B5: 0.21mg (2.12%), Zinc: 0.28mg (1.88%), Folate: 7.5µg (1.88%)