



Fresh Strawberry Smoothies

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



146 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 2 cups strawberries fresh
- ☐ 1 cup milk
- ☐ 12 oz strawberry yogurt low-fat

Equipment

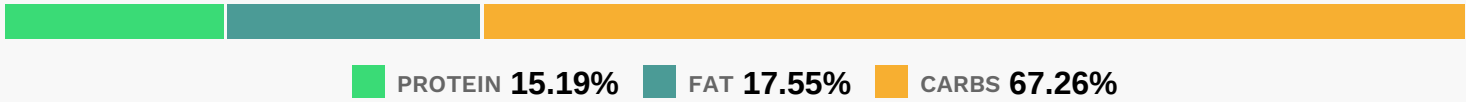
- ☐ food processor
- ☐ paper towels
- ☐ knife
- ☐ sieve

☐ blender

Directions

- ☐ Place the strawberries in a strainer and rinse under cold running water. Gently pat dry with paper towels. Reserve 4 strawberries for the garnish.
- ☐ Cut out the hull, or "cap," from the remaining strawberries with the point of a paring knife.
- ☐ In a blender or food processor, place the strawberries, milk and yogurt.
- ☐ Cover; blend on high speed about 30 seconds or until smooth.
- ☐ Pour into glasses.
- ☐ Garnish each with a strawberry.

Nutrition Facts



Properties

Glycemic Index:19.5, Glycemic Load:2.72, Inflammation Score:-3, Nutrition Score:7.8913044100222%

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: 146.39kcal (7.32%), Fat: 2.93g (4.51%), Saturated Fat: 1.57g (9.82%), Carbohydrates: 25.3g (8.43%), Net Carbohydrates: 23.61g (8.58%), Sugar: 21.08g (23.43%), Cholesterol: 14.97mg (4.99%), Sodium: 70.68mg (3.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.72g (11.43%), Vitamin C: 42.34mg (51.32%), Calcium: 178.4mg

(17.84%), Vitamin B2: 0.25mg (14.89%), Phosphorus: 145.23mg (14.52%), Manganese: 0.28mg (14.02%), Vitamin B12: 0.77µg (12.86%), Potassium: 352.2mg (10.06%), Fiber: 1.7g (6.78%), Vitamin D: 0.67µg (4.47%), Folate: 17.28µg (4.32%), Magnesium: 16.68mg (4.17%), Vitamin B6: 0.07mg (3.55%), Vitamin B1: 0.05mg (3.43%), Vitamin B5: 0.32mg (3.18%), Vitamin A: 133.83IU (2.68%), Zinc: 0.35mg (2.34%), Iron: 0.41mg (2.25%), Selenium: 1.45µg (2.07%), Copper: 0.04mg (1.76%), Vitamin B3: 0.34mg (1.71%), Vitamin K: 1.77µg (1.68%), Vitamin E: 0.24mg (1.6%)