



Fruit and Yogurt Smoothie

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



2

CALORIES



143 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 banana
- 1 teaspoon milk
- 1 teaspoon orange juice
- 0.3 cup pineapple juice
- 1 cup strawberries
- 1.5 teaspoons granulated sugar white
- 0.5 cup yogurt

Equipment

blender

Directions

Blend the banana, yogurt, sugar, pineapple juice, strawberries, orange juice, and milk in a blender until smooth.

Nutrition Facts

 **PROTEIN 9.05%**  **FAT 14.9%**  **CARBS 76.05%**

Properties

Glycemic Index:159.93, Glycemic Load:12.75, Inflammation Score:-5, Nutrition Score:9.6756522577742%

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: 5.84mg, Catechin: 5.84mg, Catechin: 5.84mg, Catechin: 5.84mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg 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 Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.42mg, Hesperetin: 0.42mg, Hesperetin: 0.42mg, Hesperetin: 0.42mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 143.17kcal (7.16%), Fat: 2.53g (3.9%), Saturated Fat: 1.41g (8.81%), Carbohydrates: 29.1g (9.7%), Net Carbohydrates: 26.06g (9.48%), Sugar: 19.93g (22.14%), Cholesterol: 8.26mg (2.75%), Sodium: 31.09mg (1.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.46g (6.93%), Vitamin C: 52.48mg (63.61%), Manganese: 0.59mg (29.45%), Vitamin B6: 0.3mg (15.12%), Potassium: 465.48mg (13.3%), Fiber: 3.04g (12.16%), Folate: 39.73µg (9.93%), Calcium: 95.91mg (9.59%), Phosphorus: 93.93mg (9.39%), Vitamin B2: 0.16mg (9.24%), Magnesium: 36.87mg (9.22%), Vitamin B5: 0.56mg (5.58%), Copper: 0.11mg (5.41%), Vitamin B1: 0.08mg (5%), Vitamin B12: 0.24µg (4%), Zinc: 0.6mg (3.97%), Vitamin B3: 0.79mg (3.96%), Selenium: 2.32µg (3.32%), Iron: 0.58mg (3.22%), Vitamin A: 119.56IU (2.39%), Vitamin E: 0.31mg (2.09%), Vitamin K: 2.1µg (2%)