



## Fruity Red Smoothies

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



2

CALORIES



228 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

### Ingredients

- 0.5 cup 1/4 cup dried cranberry (juice sweetened if possible)
- 1 cup strawberry yogurt
- 1.5 cups strawberries unsweetened frozen
- 1 cup raspberries unsweetened frozen
- 1 teaspoons sugar

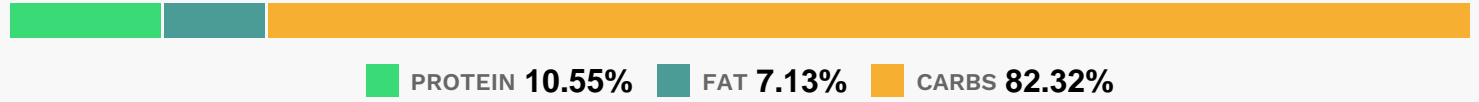
### Equipment

- blender

# Directions

- In a blender, combine all ingredients; cover and process until smooth.
- Pour into chilled glasses; serve immediately.

# Nutrition Facts



# Properties

Glycemic Index:96.05, Glycemic Load:8.98, Inflammation Score:-6, Nutrition Score:13.684782551683%

# Flavonoids

Cyanidin: 29.28mg, Cyanidin: 29.28mg, Cyanidin: 29.28mg, Cyanidin: 29.28mg Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg Delphinidin: 1.13mg, Delphinidin: 1.13mg, Delphinidin: 1.13mg, Delphinidin: 1.13mg Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg Pelargonidin: 27.43mg, Pelargonidin: 27.43mg, Pelargonidin: 27.43mg, Pelargonidin: 27.43mg Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg Catechin: 4.14mg, Catechin: 4.14mg, Catechin: 4.14mg, Catechin: 4.14mg Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg Epicatechin: 2.57mg, Epicatechin: 2.57mg, Epicatechin: 2.57mg, Epicatechin: 2.57mg Epicatechin 3-gallate: 0.16mg, Epicatechin 3-gallate: 0.16mg, Epicatechin 3-gallate: 0.16mg, Epicatechin 3-gallate: 0.16mg Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg Gallic acid: 0.03mg, Gallic acid: 0.03mg, Gallic acid: 0.03mg, Gallic acid: 0.03mg

# Nutrients (% of daily need)

Calories: 227.51kcal (11.38%), Fat: 1.91g (2.93%), Saturated Fat: 0.65g (4.04%), Carbohydrates: 49.52g (16.51%), Net Carbohydrates: 43.03g (15.65%), Sugar: 38.65g (42.95%), Cholesterol: 11.02mg (3.67%), Sodium: 70.34mg (3.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.35g (12.69%), Vitamin C: 85.11mg (103.16%), Manganese: 0.82mg (40.95%), Fiber: 6.49g (25.96%), Calcium: 169.66mg (16.97%), Vitamin B2: 0.28mg (16.4%), Potassium: 521.41mg (14.9%), Phosphorus: 147.09mg (14.71%), Vitamin E: 1.59mg (10.63%), Vitamin B12: 0.64µg (10.62%), Vitamin K: 10.28µg (9.79%), Folate: 39.15µg (9.79%), Magnesium: 31.03mg (7.76%), Copper: 0.14mg (7.04%), Iron: 1.18mg (6.53%), Vitamin B6: 0.12mg (5.83%), Vitamin B3: 0.83mg (4.17%), Vitamin B1: 0.05mg (3.39%), Vitamin B5: 0.33mg (3.32%), Zinc: 0.47mg (3.11%), Vitamin A: 99.2IU (1.98%)