



## Grab and Go Smoothie Poppers

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



125 min.

SERVINGS



9

CALORIES



100 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

### Ingredients

- 1 medium banana
- 6.8 oz go-gurt® protein yogurt yoplait® (from 1 lb 2 oz box)
- 1 cup strawberries unsweetened whole frozen
- 0.5 cup orange juice

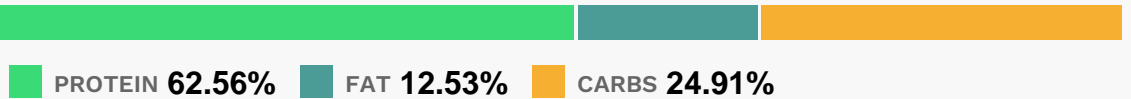
### Equipment

- blender
- ziploc bags

# Directions

- In blender, place all ingredients. Cover; blend on high speed about 30 seconds or until smooth.
- Pour about 1 tablespoon into each of 36 sections of ice cube trays or shaped molds. Freeze at least 2 hours until firm.
- Pop out smoothie pieces, and store in resealable freezer plastic bag in freezer for snacking.

# Nutrition Facts



# Properties

Glycemic Index:16.31, Glycemic Load:2.55, Inflammation Score:-1, Nutrition Score:3.1647825837135%

# Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg Pelargonidin: 3.98mg, Pelargonidin: 3.98mg, Pelargonidin: 3.98mg, Pelargonidin: 3.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.3mg, Catechin: 1.3mg, Catechin: 1.3mg, Catechin: 1.3mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.65mg, Hesperetin: 1.65mg, Hesperetin: 1.65mg, Hesperetin: 1.65mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

# Nutrients (% of daily need)

Calories: 100.3kcal (5.02%), Fat: 1.41g (2.17%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 6.3g (2.1%), Net Carbohydrates: 5.61g (2.04%), Sugar: 3.54g (3.93%), Cholesterol: 0mg (0%), Sodium: 213.05mg (9.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.81g (31.62%), Iron: 4.19mg (23.26%), Vitamin C: 17.44mg (21.14%), Manganese: 0.1mg (4.95%), Vitamin B6: 0.06mg (3.06%), Potassium: 98.97mg (2.83%), Fiber: 0.69g (2.75%), Folate: 10.6µg (2.65%), Magnesium: 7.14mg (1.78%), Calcium: 17.49mg (1.75%), Vitamin B1: 0.02mg (1.35%), Copper: 0.02mg (1.2%), Vitamin B3: 0.2mg (1.02%), Vitamin B2: 0.02mg (1.01%)