



Grab 'n Go Smoothie Poppers

 Vegetarian  Gluten Free

READY IN



125 min.

SERVINGS



9

CALORIES



36 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

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

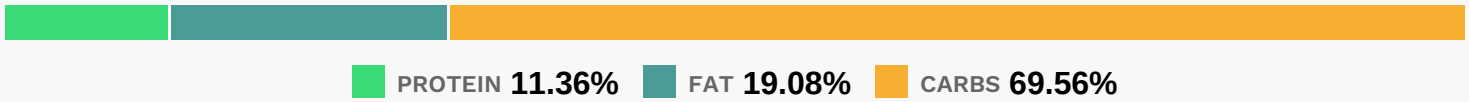
Equipment

- ☐ 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:18.42, Glycemic Load:2.73, Inflammation Score:-2, Nutrition Score:2.7295652349358%

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: 35.96kcal (1.8%), Fat: 0.81g (1.25%), Saturated Fat: 0.47g (2.91%), Carbohydrates: 6.64g (2.21%), Net Carbohydrates: 5.95g (2.16%), Sugar: 4.53g (5.03%), Cholesterol: 2.76mg (0.92%), Sodium: 10.21mg (0.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.08g (2.17%), Vitamin C: 17.54mg (21.27%), Manganese: 0.1mg (5%), Potassium: 131.93mg (3.77%), Vitamin B6: 0.07mg (3.4%), Calcium: 30.46mg (3.05%), Folate: 12.08µg (3.02%), Phosphorus: 29.27mg (2.93%), Vitamin B2: 0.05mg (2.79%), Fiber: 0.69g (2.75%), Magnesium: 9.69mg (2.42%), Vitamin B1: 0.03mg (1.76%), Vitamin B5: 0.17mg (1.73%), Vitamin B12: 0.08µg (1.31%), Copper: 0.03mg (1.29%), Vitamin A: 58.92IU (1.18%), Zinc: 0.17mg (1.16%), Vitamin B3: 0.22mg (1.1%)