



Greek Honey Oat Smoothies

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



2

CALORIES



202 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 0.8 cup skim milk fat-free (skim)
- 6 oz vanilla-honey greek yogurt fat free
- 2 crunchy peanut butter crushed (1 pouch from 8.9-oz box)
- 2 tablespoons honey
- 4.5 oz poached berries mixed yoplait®

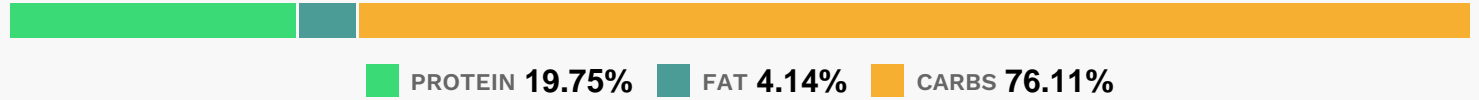
Equipment

- blender

Directions

- In blender, place all ingredients. Cover; blend on high speed 1 minute to 1 minute 30 seconds, stopping to scrape sides as necessary, until smooth.
- Pour into 2 glasses.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:42.76, Glycemic Load:10.52, Inflammation Score:-3, Nutrition Score:5.3108695849128%

Flavonoids

Cyanidin: 2.78mg, Cyanidin: 2.78mg, Cyanidin: 2.78mg, Cyanidin: 2.78mg Petunidin: 11.58mg, Petunidin: 11.58mg, Petunidin: 11.58mg, Petunidin: 11.58mg Delphinidin: 13.77mg, Delphinidin: 13.77mg, Delphinidin: 13.77mg, Delphinidin: 13.77mg Malvidin: 31.67mg, Malvidin: 31.67mg, Malvidin: 31.67mg, Malvidin: 31.67mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.3mg, Peonidin: 0.3mg, Peonidin: 0.3mg, Peonidin: 0.3mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.15mg, Luteolin: 1.15mg, Luteolin: 1.15mg, Luteolin: 1.15mg Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg Quercetin: 2.96mg, Quercetin: 2.96mg, Quercetin: 2.96mg, Quercetin: 2.96mg

Nutrients (% of daily need)

Calories: 201.54kcal (10.08%), Fat: 0.98g (1.51%), Saturated Fat: 0.15g (0.97%), Carbohydrates: 40.56g (13.52%), Net Carbohydrates: 38.72g (14.08%), Sugar: 37.56g (41.73%), Cholesterol: 5.59mg (1.86%), Sodium: 69.52mg (3.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.53g (21.05%), Calcium: 128.94mg (12.89%), Phosphorus: 109.35mg (10.94%), Vitamin K: 10.47µg (9.97%), Vitamin B2: 0.15mg (9%), Vitamin B12: 0.53µg (8.88%), Potassium: 282.79mg (8.08%), Fiber: 1.84g (7.38%), Vitamin D: 1.01µg (6.74%), Manganese: 0.13mg (6.57%), Vitamin B6: 0.1mg (5.01%), Vitamin B1: 0.07mg (4.86%), Vitamin A: 216.77IU (4.34%), Vitamin B5: 0.43mg (4.33%), Magnesium: 16.23mg (4.06%), Zinc: 0.53mg (3.55%), Selenium: 2.15µg (3.07%), Vitamin B3: 0.6mg (3.01%), Vitamin E: 0.37mg (2.46%), Vitamin C: 1.7mg (2.06%), Folate: 7.64µg (1.91%), Copper: 0.04mg (1.81%), Iron: 0.22mg (1.23%)