



Greek Honey Oat Smoothies

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



2

CALORIES



199 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

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

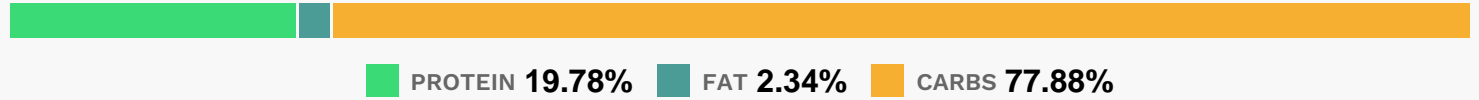
Equipment

- 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:62.76, Glycemic Load:10.75, Inflammation Score:-3, Nutrition Score:5.322173828664%

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: 199.44kcal (9.97%), Fat: 0.55g (0.84%), Saturated Fat: 0.09g (0.56%), Carbohydrates: 41.02g (13.67%), Net Carbohydrates: 39.16g (14.24%), Sugar: 37.49g (41.65%), Cholesterol: 5.59mg (1.86%), Sodium: 64.72mg (2.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.42g (20.84%), Calcium: 129.01mg (12.9%), Phosphorus: 110.26mg (11.03%), Vitamin K: 10.48µg (9.98%), Vitamin B2: 0.15mg (9.03%), Vitamin B12: 0.53µg (8.88%), Potassium: 278.96mg (7.97%), Manganese: 0.15mg (7.48%), Fiber: 1.87g (7.46%), Vitamin D: 1.01µg (6.74%), Vitamin B1: 0.08mg (5.1%), Vitamin B6: 0.1mg (4.85%), Vitamin A: 216.77IU (4.34%), Vitamin B5: 0.43mg (4.33%), Magnesium: 16.01mg (4%), Zinc: 0.54mg (3.6%), Selenium: 2.36µg (3.37%), Vitamin B3: 0.48mg (2.38%), Vitamin E: 0.31mg (2.07%), Vitamin C: 1.7mg (2.06%), Folate: 7.04µg (1.76%), Copper: 0.03mg (1.72%), Iron: 0.25mg (1.36%)