



## Greek Mixed Berry Smoothies

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



2

CALORIES



113 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

### Ingredients

- 4.5 oz poached berries mixed yoplait®
- 0.8 cup skim milk fat-free (skim)
- 5.3 oz greek yogurt mixed yoplait®
- 2 oats crushed nature valley® (1 pouch from 8.9-oz box)

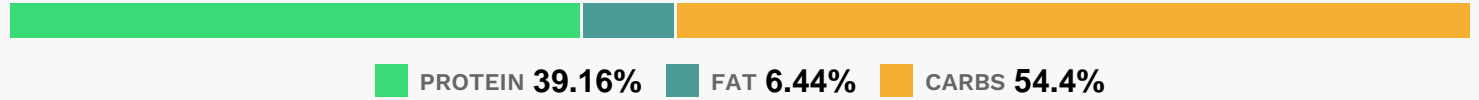
### Equipment

- 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:36.63, Glycemic Load:1.72, Inflammation Score:-4, Nutrition Score:7.9769564504209%

## 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: 113.39kcal (5.67%), Fat: 0.82g (1.27%), Saturated Fat: 0.17g (1.07%), Carbohydrates: 15.69g (5.23%), Net Carbohydrates: 13.86g (5.04%), Sugar: 12.5g (13.88%), Cholesterol: 6.51mg (2.17%), Sodium: 65.41mg (2.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.29g (22.58%), Phosphorus: 211.59mg (21.16%), Calcium: 210.29mg (21.03%), Vitamin B2: 0.36mg (20.98%), Vitamin B12: 1.06µg (17.65%), Selenium: 9.63µg (13.75%), Vitamin K: 10.48µg (9.98%), Potassium: 297.42mg (8.5%), Fiber: 1.82g (7.29%), Vitamin B6: 0.14mg (7%), Manganese: 0.14mg (6.98%), Vitamin D: 1.01µg (6.74%), Vitamin B5: 0.67mg (6.68%), Vitamin B1: 0.09mg (6.2%), Magnesium: 23.86mg (5.96%), Zinc: 0.89mg (5.95%), Vitamin A: 219.77IU (4.4%), Vitamin B3: 0.61mg (3.05%), Folate: 11.88µg (2.97%), Vitamin E: 0.32mg (2.12%), Copper: 0.04mg (1.98%), Vitamin C: 1.59mg (1.93%), Iron: 0.21mg (1.17%)