



Greek Yogurt Raspberry Smoothies



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



2

CALORIES



111 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 6 oz yogurt plain fat free
- ☐ 1 tablespoon honey
- ☐ 1 cup ice cubes
- ☐ 1 cup raspberries fresh

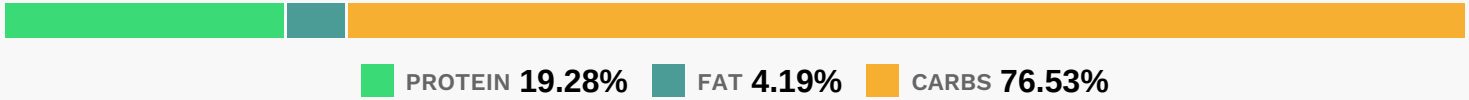
Equipment

- ☐ blender

Directions

- ☐ In blender, place yogurt, 1 cup raspberries, the honey and ice. Cover; blend until smooth and thick.
- ☐ Divide mixture evenly between 2 glasses.
- ☐ Garnish each with raspberries.

Nutrition Facts



Properties

Glycemic Index:39.14, Glycemic Load:5.35, Inflammation Score:-3, Nutrition Score:7.860434708388%

Flavonoids

Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 110.75kcal (5.54%), Fat: 0.54g (0.84%), Saturated Fat: 0.11g (0.69%), Carbohydrates: 22.32g (7.44%), Net Carbohydrates: 18.4g (6.69%), Sugar: 17.8g (19.78%), Cholesterol: 1.7mg (0.57%), Sodium: 72.42mg (3.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.62g (11.25%), Manganese: 0.41mg (20.73%), Vitamin C: 16.54mg (20.05%), Calcium: 188.43mg (18.84%), Fiber: 3.92g (15.68%), Phosphorus: 151.35mg (15.13%), Vitamin B2: 0.23mg (13.28%), Potassium: 312.93mg (8.94%), Vitamin B12: 0.52µg (8.65%), Magnesium: 30.75mg (7.69%), Vitamin B5: 0.75mg (7.5%), Zinc: 1.11mg (7.41%), Folate: 23.02µg (5.75%), Selenium: 3.27µg (4.67%), Vitamin K: 4.85µg (4.62%), Copper: 0.09mg (4.47%), Vitamin B6: 0.08mg (4.03%), Vitamin B1: 0.06mg (4%), Vitamin E: 0.52mg (3.48%), Iron: 0.53mg (2.97%), Vitamin B3: 0.48mg (2.38%)