






 **54%**
HEALTH SCORE

Honey Nut-Peach Smoothies

 Vegetarian  Gluten Free

READY IN

5 min.

SERVINGS

4

CALORIES

518 kcal

MORNING MEAL BRUNCH BREAKFAST BEVERAGE

Ingredients

- 1.3 cups vanilla yogurt fat free 99% yoplait® (from 2-lb container)
- 1.5 cups pinenuts
- 15 oz peaches drained sliced canned
- 1 cup milk
- 1 banana sliced
- 0.1 teaspoon ground cinnamon

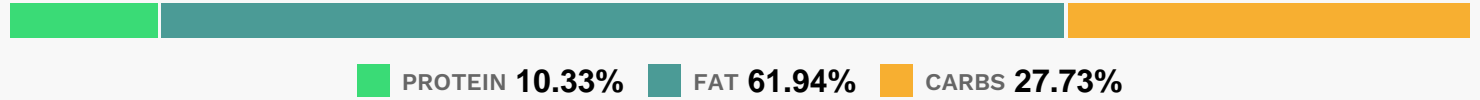
Equipment

- blender

Directions

- In blender, place ingredients. Cover; blend on high speed 10 seconds. Scrape down sides of blender. Cover; blend about 20 seconds longer or until smooth.
- Pour into 4 glasses.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:34.51, Glycemic Load:8.03, Inflammation Score:-8, Nutrition Score:23.929999952731%

Flavonoids

Cyanidin: 2.04mg, Cyanidin: 2.04mg, Cyanidin: 2.04mg, Cyanidin: 2.04mg Catechin: 7.03mg, Catechin: 7.03mg, Catechin: 7.03mg, Catechin: 7.03mg Epigallocatechin: 1.11mg, Epigallocatechin: 1.11mg, Epigallocatechin: 1.11mg, Epigallocatechin: 1.11mg Epicatechin: 2.49mg, Epicatechin: 2.49mg, Epicatechin: 2.49mg, Epicatechin: 2.49mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 517.78kcal (25.89%), Fat: 37.99g (58.44%), Saturated Fat: 4.33g (27.04%), Carbohydrates: 38.26g (12.75%), Net Carbohydrates: 34g (12.36%), Sugar: 28.54g (31.71%), Cholesterol: 11.4mg (3.8%), Sodium: 92.21mg (4.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.25g (28.51%), Manganese: 4.62mg (230.86%), Phosphorus: 492.87mg (49.29%), Magnesium: 163.96mg (40.99%), Copper: 0.79mg (39.28%), Vitamin E: 5.58mg (37.18%), Zinc: 4.48mg (29.89%), Vitamin K: 30.91µg (29.44%), Vitamin B2: 0.42mg (24.57%), Potassium: 808.16mg (23.09%), Calcium: 229.13mg (22.91%), Vitamin B1: 0.29mg (19.16%), Iron: 3.3mg (18.33%), Vitamin B3: 3.43mg (17.14%), Fiber: 4.27g (17.07%), Vitamin B6: 0.26mg (12.82%), Vitamin B12: 0.76µg (12.7%), Selenium: 8.04µg (11.49%), Vitamin B5: 1.1mg (10.98%), Vitamin A: 514.26IU (10.29%), Vitamin C: 7.99mg (9.68%), Folate: 38.48µg (9.62%), Vitamin D: 0.67µg (4.47%)