



## Horseradish-Tomato Smoothies

 **Gluten Free**

READY IN



**45 min.**

SERVINGS



**4**

CALORIES



**50 kcal**

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

### Ingredients

- 0.1 teaspoon pepper black freshly ground
- 2.5 tablespoons horseradish fresh grated
- 1 garlic clove crushed
- 3 green onions trimmed
- 0.5 cup ice cubes crushed
- 0.3 teaspoon kosher salt
- 1 tablespoon juice of lemon fresh
- 1 cup greek yogurt plain 2% reduced-fat

- 2 globe tomatoes red cored ripe seeded
- 0.3 cup vegetable juice (such as V8)

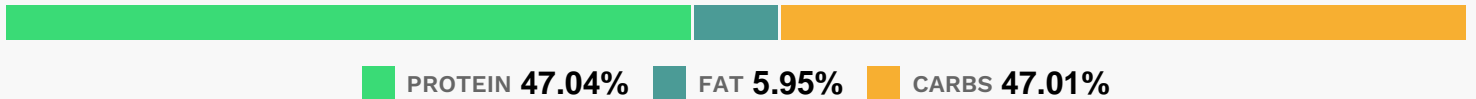
## Equipment

- blender

## Directions

- Place yogurt in a blender.
- Add crushed ice, vegetable juice, horseradish, lemon juice, salt, pepper, green onions, tomatoes, and garlic to blender; process until smooth.

## Nutrition Facts



## Properties

Glycemic Index:43.75, Glycemic Load:1.06, Inflammation Score:-6, Nutrition Score:6.3204347465349%

## Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

## Nutrients (% of daily need)

Calories: 49.73kcal (2.49%), Fat: 0.34g (0.52%), Saturated Fat: 0.08g (0.48%), Carbohydrates: 6.04g (2.01%), Net Carbohydrates: 4.91g (1.78%), Sugar: 4.06g (4.51%), Cholesterol: 2.5mg (0.83%), Sodium: 195.68mg (8.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.05g (12.09%), Vitamin K: 23.6µg (22.48%), Vitamin C: 16.28mg (19.73%), Vitamin A: 729.14IU (14.58%), Vitamin B2: 0.16mg (9.46%), Phosphorus: 87.64mg (8.76%), Potassium: 278.02mg (7.94%), Calcium: 73.39mg (7.34%), Selenium: 5.12µg (7.31%), Vitamin B12: 0.35µg (5.83%), Manganese: 0.11mg (5.52%), Vitamin B6: 0.1mg (4.89%), Folate: 19.27µg (4.82%), Fiber: 1.14g (4.54%), Magnesium: 14.88mg (3.72%), Copper: 0.06mg (3.04%), Zinc: 0.42mg (2.8%), Vitamin B1: 0.04mg (2.74%), Vitamin B3: 0.53mg (2.64%), Vitamin E: 0.39mg (2.62%), Vitamin B5: 0.24mg (2.37%), Iron: 0.4mg (2.24%)