

Hot-Pink Smoothies



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



2

CALORIES



206 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 2 tablespoons agave syrup
- ☐ 1 cup orange juice
- ☐ 0.5 cup greek yogurt plain 2% reduced-fat
- ☐ 1 cup raspberries unsweetened frozen
- ☐ 1 cup strawberries unsweetened frozen

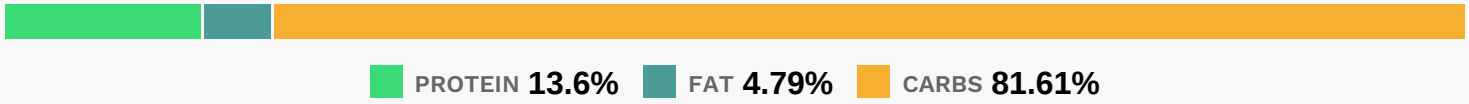
Equipment

- ☐ blender

Directions

- ☐ Place all ingredients in a blender; process until smooth.
- ☐ Kids Can Help: To get your kids excited about fruit, let them pick which types to put in these smoothies.

Nutrition Facts



Properties

Glycemic Index:66.5, Glycemic Load:11.46, Inflammation Score:-7, Nutrition Score:14.336521687715%

Flavonoids

Cyanidin: 28.67mg, Cyanidin: 28.67mg, Cyanidin: 28.67mg, Cyanidin: 28.67mg Petunidin: 0.27mg, Petunidin: 0.27mg, Petunidin: 0.27mg, Petunidin: 0.27mg Delphinidin: 1.02mg, Delphinidin: 1.02mg, Delphinidin: 1.02mg, Delphinidin: 1.02mg Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg Pelargonidin: 18.48mg, Pelargonidin: 18.48mg, Pelargonidin: 18.48mg, Pelargonidin: 18.48mg Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg Catechin: 3.03mg, Catechin: 3.03mg, Catechin: 3.03mg, Catechin: 3.03mg Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg Epicatechin: 2.41mg, Epicatechin: 2.41mg, Epicatechin: 2.41mg, Epicatechin: 2.41mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 14.82mg, Hesperetin: 14.82mg, Hesperetin: 14.82mg, Hesperetin: 14.82mg Naringenin: 2.84mg, Naringenin: 2.84mg, Naringenin: 2.84mg, Naringenin: 2.84mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 205.64kcal (10.28%), Fat: 1.13g (1.74%), Saturated Fat: 0.11g (0.66%), Carbohydrates: 43.43g (14.48%), Net Carbohydrates: 37.8g (13.75%), Sugar: 32.5g (36.12%), Cholesterol: 2.5mg (0.83%), Sodium: 21.4mg (0.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.24g (14.48%), Vitamin C: 123.63mg (149.85%), Manganese: 0.7mg (35.14%), Fiber: 5.63g (22.52%), Folate: 76.88µg (19.22%), Potassium: 520.1mg (14.86%), Vitamin B2: 0.25mg (14.76%), Phosphorus: 123.97mg (12.4%), Vitamin B1: 0.18mg (12.31%), Vitamin K: 11.11µg (10.58%), Magnesium: 41.91mg (10.48%), Vitamin B6: 0.2mg (9.88%), Calcium: 95.87mg (9.59%), Selenium: 5.84µg (8.34%), Copper: 0.15mg (7.68%), Vitamin B3: 1.38mg (6.91%), Vitamin B5: 0.69mg (6.89%), Vitamin E: 0.99mg (6.61%), Vitamin B12: 0.35µg (5.83%), Iron: 1.01mg (5.62%), Vitamin A: 278.44IU (5.57%), Zinc: 0.68mg (4.55%)