



Key Lime-Coconut Smoothie

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



171 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 0.5 cup coconut milk
- 1 tablespoon honey
- 3 ice cubes
- 6 ounce carton key lime yogurt fat-free frozen
- 1 tablespoon juice of lime fresh
- 0.3 teaspoon lime rind grated

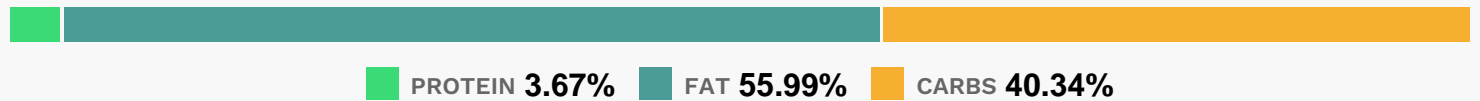
Equipment

- blender

Directions

- Place first 4 ingredients in a blender; process until smooth.
- Add yogurt; process until smooth.
- Remove center piece of blender lid; secure lid on blender. With blender on, drop ice cubes, 1 at a time, through center of blender lid; process until smooth.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:106.64, Glycemic Load:8.15, Inflammation Score:-3, Nutrition Score:5.9691305030947%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 37.35mg, Hesperetin: 37.35mg, Hesperetin: 37.35mg, Hesperetin: 37.35mg Naringenin: 2.93mg, Naringenin: 2.93mg, Naringenin: 2.93mg, Naringenin: 2.93mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 170.69kcal (8.53%), Fat: 12.23g (18.81%), Saturated Fat: 10.71g (66.91%), Carbohydrates: 19.83g (6.61%), Net Carbohydrates: 17.39g (6.32%), Sugar: 10.19g (11.32%), Cholesterol: 0mg (0%), Sodium: 10.67mg (0.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.8g (3.6%), Vitamin C: 27.69mg (33.56%), Manganese: 0.45mg (22.52%), Iron: 2.43mg (13.48%), Fiber: 2.44g (9.76%), Copper: 0.19mg (9.53%), Magnesium: 32.13mg (8.03%), Phosphorus: 71.06mg (7.11%), Potassium: 225.54mg (6.44%), Calcium: 40.63mg (4.06%), Folate: 15.69µg (3.92%), Zinc: 0.44mg (2.94%), Vitamin B6: 0.06mg (2.89%), Vitamin B5: 0.29mg (2.88%), Vitamin B3: 0.55mg (2.77%), Vitamin B1: 0.04mg (2.66%), Vitamin E: 0.2mg (1.36%), Vitamin B2: 0.02mg (1.3%)