



 **53%**
HEALTH SCORE

Lucky Charms™ Raspberry Smoothie

 Vegetarian

READY IN



5 min.

SERVINGS



2

CALORIES



179 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 6 oz raspberries yoplait®
- 0.8 cup lucky cereal
- 0.5 cup raspberries fresh
- 1 cup skim milk fat free (skim)
- 0.5 banana sliced

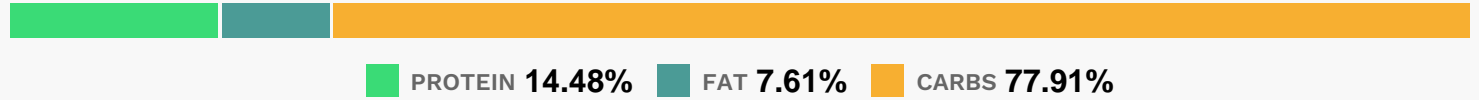
Equipment

- blender

Directions

- In blender, place ingredients. Cover; blend on high speed about 30 seconds or until smooth, stopping blender once to scrape sides.
- Pour into 2 glasses.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:70.01, Glycemic Load:6.87, Inflammation Score:-8, Nutrition Score:21.306086892667%

Flavonoids

Cyanidin: 52.66mg, Cyanidin: 52.66mg, Cyanidin: 52.66mg, Cyanidin: 52.66mg Petunidin: 0.36mg, Petunidin: 0.36mg, Petunidin: 0.36mg, Petunidin: 0.36mg Delphinidin: 1.52mg, Delphinidin: 1.52mg, Delphinidin: 1.52mg, Delphinidin: 1.52mg Malvidin: 0.15mg, Malvidin: 0.15mg, Malvidin: 0.15mg, Malvidin: 0.15mg Pelargonidin: 1.13mg, Pelargonidin: 1.13mg, Pelargonidin: 1.13mg, Pelargonidin: 1.13mg Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg Catechin: 3.31mg, Catechin: 3.31mg, Catechin: 3.31mg, Catechin: 3.31mg Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg Epicatechin: 4.06mg, Epicatechin: 4.06mg, Epicatechin: 4.06mg, Epicatechin: 4.06mg Epigallocatechin 3-gallate: 0.62mg, Epigallocatechin 3-gallate: 0.62mg, Epigallocatechin 3-gallate: 0.62mg, Epigallocatechin 3-gallate: 0.62mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg

Nutrients (% of daily need)

Calories: 179.03kcal (8.95%), Fat: 1.62g (2.49%), Saturated Fat: 0.23g (1.46%), Carbohydrates: 37.33g (12.44%), Net Carbohydrates: 28.41g (10.33%), Sugar: 19.74g (21.94%), Cholesterol: 3.67mg (1.23%), Sodium: 139.15mg (6.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.94g (13.88%), Manganese: 1.15mg (57.38%), Vitamin C: 36.3mg (44%), Fiber: 8.92g (35.68%), Folate: 132.55µg (33.14%), Vitamin B6: 0.65mg (32.45%), Vitamin B12: 1.63µg (27.14%), Vitamin B2: 0.46mg (26.94%), Calcium: 250.53mg (25.05%), Zinc: 3.59mg (23.93%), Vitamin B1: 0.35mg (23.3%), Vitamin B3: 4.44mg (22.22%), Iron: 3.88mg (21.56%), Phosphorus: 209.94mg (20.99%), Potassium: 513.88mg (14.68%), Magnesium: 57.97mg (14.49%), Vitamin A: 687.85IU (13.76%), Vitamin D: 1.87µg (12.49%), Vitamin B5: 0.97mg (9.74%), Vitamin K: 9.31µg (8.87%), Copper: 0.16mg (7.89%), Vitamin E: 1.09mg (7.27%), Selenium: 4.95µg (7.07%)