



Lucky Charms™ Raspberry Smoothie

 Vegetarian

READY IN



5 min.

SERVINGS



2

CALORIES



187 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

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

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:66.51, Glycemic Load:6.43, Inflammation Score:-7, Nutrition Score:18.146086910497%

Flavonoids

Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.19mg, Catechin: 2.19mg, Catechin: 2.19mg, Catechin: 2.19mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 186.68kcal (9.33%), Fat: 3.83g (5.9%), Saturated Fat: 2g (12.51%), Carbohydrates: 31.17g (10.39%), Net Carbohydrates: 27.78g (10.1%), Sugar: 19.95g (22.16%), Cholesterol: 14.73mg (4.91%), Sodium: 177.42mg (7.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.87g (17.74%), Calcium: 332.17mg (33.22%), Vitamin B12: 1.94µg (32.39%), Vitamin B2: 0.55mg (32.14%), Vitamin B6: 0.63mg (31.47%), Folate: 120.64µg (30.16%), Manganese: 0.58mg (29.05%), Phosphorus: 266.08mg (26.61%), Zinc: 3.73mg (24.9%), Vitamin B1: 0.35mg (23.13%), Vitamin B3: 4mg (20%), Iron: 3.34mg (18.54%), Vitamin C: 14.44mg (17.51%), Vitamin A: 743.98IU (14.88%), Potassium: 517.28mg (14.78%), Fiber: 3.39g (13.57%), Vitamin D: 1.96µg (13.06%), Magnesium: 49.46mg (12.37%), Vitamin B5: 1.02mg (10.25%), Selenium: 6.65µg (9.5%), Copper: 0.09mg (4.44%), Vitamin K: 2.85µg (2.71%), Vitamin E: 0.4mg (2.68%)