



Lucky Charms® Raspberry Smoothie

 Vegetarian

READY IN



5 min.

SERVINGS



2

CALORIES



222 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 0.5 banana sliced
- ☐ 0.8 cup lucky cereal lucky charms®
- ☐ 1 cup skim milk fat free (skim)
- ☐ 0.5 cup raspberries fresh
- ☐ 6 oz strawberry yogurt fat free 99% yoplait®

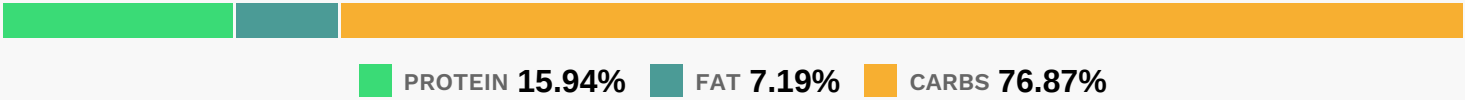
Equipment

- ☐ 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:57.01, Glycemic Load:5.68, Inflammation Score:-7, Nutrition Score:17.423043458358%

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: 221.55kcal (11.08%), Fat: 1.83g (2.82%), Saturated Fat: 0.64g (4.02%), Carbohydrates: 44.13g (14.71%), Net Carbohydrates: 40.49g (14.72%), Sugar: 30.61g (34.01%), Cholesterol: 11.33mg (3.78%), Sodium: 185.08mg (8.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.15g (18.3%), Vitamin B12: 2.07µg (34.51%), Vitamin B2: 0.58mg (34.04%), Calcium: 321.12mg (32.11%), Vitamin B6: 0.6mg (30.11%), Manganese: 0.58mg (28.88%), Folate: 114.68µg (28.67%), Phosphorus: 251.62mg (25.16%), Zinc: 3.23mg (21.55%), Vitamin B1: 0.32mg (21.48%), Vitamin B3: 3.94mg (19.68%), Iron: 3.4mg (18.92%), Vitamin C: 14.02mg (16.99%), Potassium: 535.99mg (15.31%), Fiber: 3.65g (14.59%), Vitamin A: 686.15IU (13.72%), Vitamin D: 1.87µg (12.49%), Magnesium: 39.26mg (9.81%), Vitamin B5: 0.69mg (6.94%), Selenium: 4.78µg (6.82%), Copper: 0.08mg (4.06%), Vitamin K: 2.68µg (2.55%), Vitamin E: 0.35mg (2.34%)