



## Melon-Raspberry Smoothies

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



2

CALORIES



181 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

### Ingredients

- 1 cup wedges honeydew melon cubed
- 1 cup raspberries fresh
- 6 oz strawberry yogurt yoplait®
- 2 tablespoons milk
- 1 tablespoon sugar

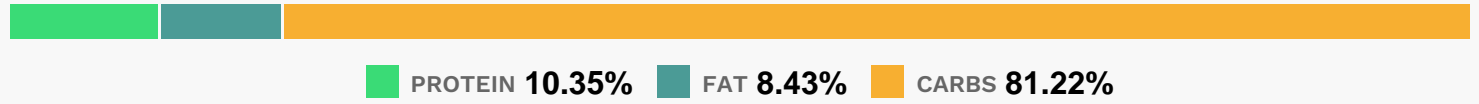
### Equipment

- blender

## Directions

- In blender, place ingredients. Cover; blend on high speed 20 to 30 seconds or until smooth.
- Pour into 2 glasses.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:67.05, Glycemic Load:5.3, Inflammation Score:-4, Nutrition Score:8.3452173471451%

## Flavonoids

Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 2.12mg, Epicatechin: 2.12mg, Epicatechin: 2.12mg, Epicatechin: 2.12mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

## Nutrients (% of daily need)

Calories: 180.65kcal (9.03%), Fat: 1.77g (2.73%), Saturated Fat: 0.75g (4.67%), Carbohydrates: 38.47g (12.82%), Net Carbohydrates: 33.63g (12.23%), Sugar: 30.89g (34.32%), Cholesterol: 9.45mg (3.15%), Sodium: 68.44mg (2.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.9g (9.81%), Vitamin C: 31.02mg (37.6%), Manganese: 0.43mg (21.29%), Fiber: 4.84g (19.34%), Potassium: 457.56mg (13.07%), Calcium: 130.46mg (13.05%), Vitamin B2: 0.21mg (12.23%), Phosphorus: 108.24mg (10.82%), Vitamin B12: 0.52µg (8.72%), Folate: 28.75µg (7.19%), Vitamin K: 7.19µg (6.85%), Magnesium: 23.5mg (5.88%), Vitamin B6: 0.12mg (5.85%), Vitamin B1: 0.06mg (3.99%), Vitamin B5: 0.39mg (3.85%), Copper: 0.08mg (3.75%), Iron: 0.67mg (3.73%), Vitamin B3: 0.73mg (3.65%), Vitamin E: 0.55mg (3.64%), Zinc: 0.39mg (2.6%), Vitamin A: 112.97IU (2.26%), Selenium: 1.04µg (1.48%), Vitamin D: 0.17µg (1.1%)