



Mixed Berry Cheesecake Smoothie Parfaits



Gluten Free

READY IN



10 min.

SERVINGS



2

CALORIES



193 kcal

Ingredients

- ☐ 0.8 cup skim milk fat-free (skim)
- ☐ 0.3 cup cream cheese
- ☐ 4.5 oz poached berries mixed yoplait®
- ☐ 1 cup strawberries fresh chopped
- ☐ 2 crunchy peanut butter dark crushed (1 pouch from 8.94-oz box)
- ☐ 1 can non-dairy whipped topping

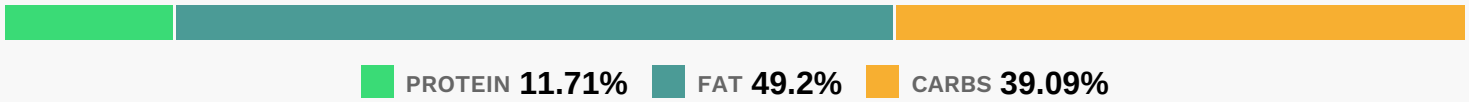
Equipment

- ☐ blender

Directions

- ☐ In blender, place milk, cream cheese and contents of smoothie pouch. Cover; blend on high speed 1 minute to 1 minute 30 seconds, stopping to scrape sides as necessary, until smooth.
- ☐ Pour about 1/2 cup mixture in each of 2 glasses. Top each with about 1/4 cup strawberries and 1 heaping tablespoonful crushed granola bar. Repeat. Top with whipped topping.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:50.13, Glycemic Load:3.55, Inflammation Score:-6, Nutrition Score:10.60521747755%

Flavonoids

Cyanidin: 3.99mg, Cyanidin: 3.99mg, Cyanidin: 3.99mg, Cyanidin: 3.99mg Petunidin: 11.66mg, Petunidin: 11.66mg, Petunidin: 11.66mg, Petunidin: 11.66mg Delphinidin: 13.99mg, Delphinidin: 13.99mg, Delphinidin: 13.99mg, Delphinidin: 13.99mg Malvidin: 31.68mg, Malvidin: 31.68mg, Malvidin: 31.68mg, Malvidin: 31.68mg Pelargonidin: 17.9mg, Pelargonidin: 17.9mg, Pelargonidin: 17.9mg, Pelargonidin: 17.9mg Peonidin: 0.34mg, Peonidin: 0.34mg, Peonidin: 0.34mg, Peonidin: 0.34mg Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.15mg, Luteolin: 1.15mg, Luteolin: 1.15mg, Luteolin: 1.15mg Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg Myricetin: 1.15mg, Myricetin: 1.15mg, Myricetin: 1.15mg, Myricetin: 1.15mg Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 193.13kcal (9.66%), Fat: 11.02g (16.96%), Saturated Fat: 5.95g (37.21%), Carbohydrates: 19.7g (6.57%), Net Carbohydrates: 16.46g (5.99%), Sugar: 14.82g (16.47%), Cholesterol: 31.42mg (10.48%), Sodium: 133.34mg (5.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.9g (11.8%), Vitamin C: 43.93mg (53.25%), Manganese: 0.4mg (19.78%), Calcium: 166.23mg (16.62%), Phosphorus: 156.52mg (15.65%), Vitamin B2: 0.23mg (13.33%), Fiber: 3.24g (12.97%), Vitamin A: 606.85IU (12.14%), Vitamin K: 12.66µg (12.06%), Vitamin B12: 0.6µg (9.94%), Potassium: 343.45mg (9.81%), Vitamin B6: 0.14mg (7.25%), Magnesium: 27.76mg (6.94%), Folate: 27.07µg (6.77%), Selenium:

4.72µg (6.75%), Vitamin D: 1.01µg (6.74%), Vitamin B5: 0.67mg (6.71%), Vitamin B1: 0.1mg (6.46%), Vitamin E: 0.82mg (5.5%), Zinc: 0.73mg (4.86%), Vitamin B3: 0.88mg (4.41%), Copper: 0.07mg (3.42%), Iron: 0.46mg (2.56%)