



North Pole Strawberry Smoothie

 Gluten Free

READY IN



5 min.

SERVINGS



2

CALORIES



301 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 10 ounces strawberries frozen thawed undrained
- 0.3 cup water
- 2 cups vanilla yogurt frozen
- 2 tablespoons vanilla yogurt reduced-fat
- 1 peppermint candies crushed finely
- 1 serving decorating gel green

Equipment

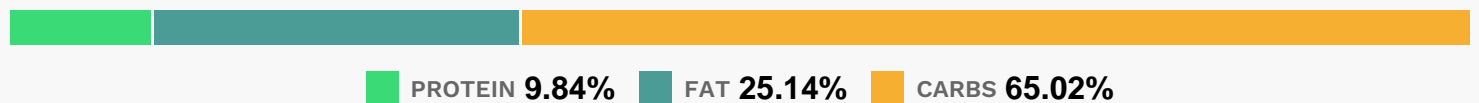
- blender

drinking straws

Directions

- Place strawberries and water in blender. Cover and blend on medium-high speed until slushy. Blend on medium speed until smooth.
- Transfer to 2-cup measure.
- Wash and dry blender.
- Place frozen yogurt and reduced-fat yogurt in blender. Cover and blend on medium speed until smooth.
- Place crushed candy cane on small plate. Pipe decorating gel around rim of two 12-ounce glasses. Dip rims into crushed candy.
- Carefully pour yogurt mixture and strawberries at the same time into glasses, creating a half-and-half design.
- Serve with large drinking straws if desired.

Nutrition Facts



Properties

Glycemic Index:55, Glycemic Load:4.88, Inflammation Score:-6, Nutrition Score:14.610434809457%

Flavonoids

Cyanidin: 2.38mg, Cyanidin: 2.38mg, Cyanidin: 2.38mg, Cyanidin: 2.38mg Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 35.22mg, Pelargonidin: 35.22mg, Pelargonidin: 35.22mg, Pelargonidin: 35.22mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 4.41mg, Catechin: 4.41mg, Catechin: 4.41mg, Catechin: 4.41mg Epigallocatechin: 1.11mg, Epigallocatechin: 1.11mg, Epigallocatechin: 1.11mg, Epigallocatechin: 1.11mg Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg Epicatechin 3-gallate: 0.21mg, Epicatechin 3-gallate: 0.21mg, Epicatechin 3-gallate: 0.21mg, Epicatechin 3-gallate: 0.21mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 301.44kcal (15.07%), Fat: 8.74g (13.44%), Saturated Fat: 5.11g (31.92%), Carbohydrates: 50.86g (16.95%), Net Carbohydrates: 48.02g (17.46%), Sugar: 45.94g (51.05%), Cholesterol: 3.88mg (1.29%), Sodium: 141.38mg (6.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.7g (15.39%), Vitamin C: 84.66mg (102.62%), Manganese: 0.57mg (28.26%), Calcium: 263.69mg (26.37%), Phosphorus: 246.78mg (24.68%), Vitamin B2: 0.39mg (23.17%), Potassium: 564.51mg (16.13%), Vitamin B5: 1.22mg (12.16%), Fiber: 2.84g (11.34%), Folate: 44.86µg (11.21%), Magnesium: 42.08mg (10.52%), Vitamin B6: 0.19mg (9.54%), Selenium: 6.3µg (9%), Vitamin B12: 0.52µg (8.73%), Copper: 0.13mg (6.65%), Vitamin A: 330.89IU (6.62%), Zinc: 0.97mg (6.48%), Vitamin B1: 0.1mg (6.38%), Iron: 1.03mg (5.71%), Vitamin B3: 0.98mg (4.91%), Vitamin E: 0.57mg (3.82%), Vitamin K: 3.57µg (3.4%)