



North Pole Strawberry Smoothie

 Gluten Free

READY IN



5 min.

SERVINGS



2

CALORIES



627 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

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

Equipment

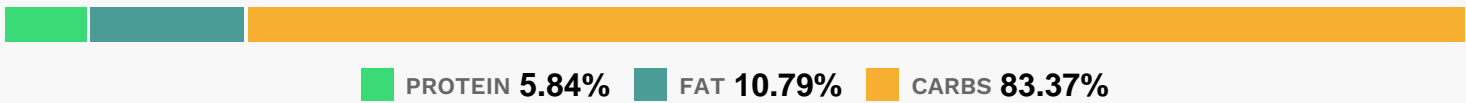
- ☐ blender

☐ 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:35, Glycemic Load:1.66, Inflammation Score:-2, Nutrition Score:6.8108695693638%

Nutrients (% of daily need)

Calories: 627.46kcal (31.37%), Fat: 8.31g (12.79%), Saturated Fat: 5.09g (31.79%), Carbohydrates: 144.6g (48.2%), Net Carbohydrates: 144.6g (52.58%), Sugar: 123.38g (137.09%), Cholesterol: 3.88mg (1.29%), Sodium: 240.6mg (10.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.12g (20.24%), Calcium: 335.51mg (33.55%), Vitamin B2: 0.36mg (21.34%), Phosphorus: 212.76mg (21.28%), Vitamin B5: 1.04mg (10.39%), Potassium: 347.64mg (9.93%), Vitamin B12: 0.52µg (8.73%), Selenium: 5.73µg (8.19%), Vitamin A: 313.88IU (6.28%), Vitamin B6: 0.12mg (6.21%), Magnesium: 23.66mg (5.91%), Zinc: 0.77mg (5.16%), Vitamin B1: 0.06mg (4.11%), Copper: 0.06mg (3.25%), Folate: 10.84µg (2.71%), Iron: 0.45mg (2.48%), Vitamin B3: 0.43mg (2.17%), Vitamin C: 1.31mg (1.59%), Vitamin E: 0.16mg (1.08%)