



Orange-Berry Swirl



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



5

CALORIES



358 kcal

SIDE DISH

Ingredients

- ☐ 1 cup milk fat-free
- ☐ 6 oz yogurt plain low-fat
- ☐ 1 cup orange juice fresh
- ☐ 20 oz strawberries in syrup light frozen

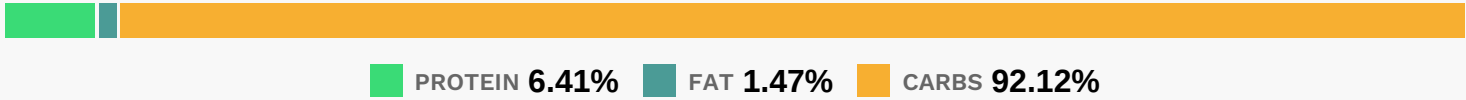
Equipment

- ☐ blender

Directions

- ☐ Process all ingredients in a blender until smooth, stopping to scrape down sides.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:17.05, Glycemic Load:3.43, Inflammation Score:-3, Nutrition Score:5.5986955800782%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 5.93mg, Hesperetin: 5.93mg, Hesperetin: 5.93mg, Hesperetin: 5.93mg Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 357.52kcal (17.88%), Fat: 0.67g (1.02%), Saturated Fat: 0.38g (2.35%), Carbohydrates: 93.65g (31.22%), Net Carbohydrates: 93.55g (34.02%), Sugar: 76.53g (85.03%), Cholesterol: 3.51mg (1.17%), Sodium: 124.91mg (5.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.51g (13.03%), Vitamin C: 25.07mg (30.39%), Calcium: 207.99mg (20.8%), Phosphorus: 109.85mg (10.98%), Vitamin B2: 0.15mg (8.93%), Vitamin B12: 0.47µg (7.91%), Potassium: 260.64mg (7.45%), Vitamin B1: 0.09mg (5.8%), Folate: 19.6µg (4.9%), Vitamin B5: 0.47mg (4.7%), Vitamin A: 216.51IU (4.33%), Magnesium: 17.12mg (4.28%), Zinc: 0.55mg (3.65%), Vitamin D: 0.54µg (3.59%), Vitamin B6: 0.06mg (3.25%), Selenium: 2.15µg (3.07%), Vitamin B3: 0.29mg (1.48%), Copper: 0.03mg (1.36%)