



Orange-Pineapple Smoothie



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



5

CALORIES



219 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 0.8 cup milk
- ☐ 0.3 cup splenda® no calorie sweetener
- ☐ 5 servings cranberry-orange relish
- ☐ 1 cup orange juice
- ☐ 2 cups pineapple chunks frozen
- ☐ 1 cup vanilla yogurt

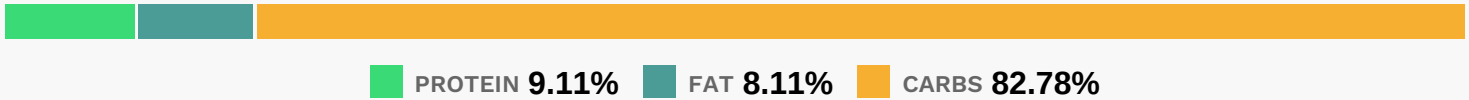
Equipment

- ☐ blender

Directions

- ☐ Process frozen pineapple chunks and next 4 ingredients in a blender until smooth, stopping to scrape down sides.
- ☐ Garnish, if desired; serve immediately.
- ☐ Note: We tested with bagged frozen pineapple from the freezer section, fresh pineapple we froze in the Test Kitchens, and canned pineapple chunks (in juice) that we placed in the freezer (can and all). After opening the frozen can, we let hot water run over the top for about 10 seconds and then used a fork to pull out 2 cups worth of pineapple. (Tip: Canned pineapple can be frozen up to 3 months.)

Nutrition Facts



Properties

Glycemic Index:36.5, Glycemic Load:11.44, Inflammation Score:-7, Nutrition Score:12.150000040946%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 30.45mg, Hesperetin: 30.45mg, Hesperetin: 30.45mg, Hesperetin: 30.45mg Naringenin: 14.85mg, Naringenin: 14.85mg, Naringenin: 14.85mg, Naringenin: 14.85mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 218.61kcal (10.93%), Fat: 2.1g (3.22%), Saturated Fat: 1.11g (6.93%), Carbohydrates: 48.09g (16.03%), Net Carbohydrates: 44.61g (16.22%), Sugar: 42.63g (47.37%), Cholesterol: 6.84mg (2.28%), Sodium: 47.69mg (2.07%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 5.29g (10.58%), Vitamin C: 81.97mg (99.35%), Calcium: 185.41mg (18.54%), Vitamin B1: 0.26mg (17.37%), Potassium: 542.06mg (15.49%), Fiber: 3.49g (13.96%), Phosphorus: 130.77mg (13.08%), Folate: 52µg (13%), Vitamin B2: 0.22mg (12.93%), Magnesium: 40.88mg (10.22%), Vitamin B6: 0.19mg (9.46%), Vitamin A: 429.38IU (8.59%), Copper: 0.17mg (8.52%), Vitamin B12: 0.46µg (7.62%), Vitamin B5: 0.73mg (7.26%), Selenium: 3.97µg (5.68%), Zinc: 0.74mg (4.93%), Vitamin B3: 0.81mg (4.06%), Iron: 0.49mg (2.71%), Vitamin D: 0.4µg (2.68%), Manganese: 0.03mg (1.64%), Vitamin E: 0.23mg (1.53%)