

Peach-Berry Smoothie

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



4

CALORIES



112 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 1 cup ice crushed
- 1 cup nectarines fresh sliced
- 1 cup strawberries fresh sliced
- 12 oz strawberry yogurt yoplait®

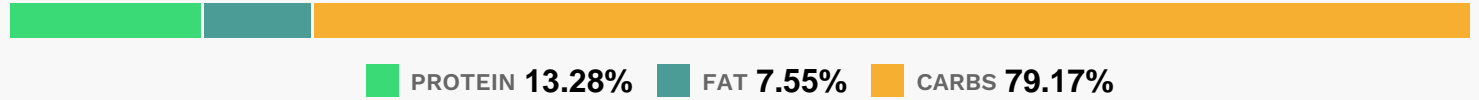
Equipment

- blender

Directions

- In blender, place all ingredients. Cover; blend on High speed 30 to 60 seconds or until smooth.
- Pour into 4 glasses.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:20.75, Glycemic Load:2, Inflammation Score:-2, Nutrition Score:4.684347840107%

Flavonoids

Cyanidin: 1.37mg, Cyanidin: 1.37mg, Cyanidin: 1.37mg, Cyanidin: 1.37mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 2.18mg, Catechin: 2.18mg, Catechin: 2.18mg, Catechin: 2.18mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 112.21kcal (5.61%), Fat: 0.97g (1.5%), Saturated Fat: 0.43g (2.69%), Carbohydrates: 22.97g (7.66%), Net Carbohydrates: 21.46g (7.8%), Sugar: 19.21g (21.34%), Cholesterol: 7.65mg (2.55%), Sodium: 54.74mg (2.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.85g (7.7%), Vitamin C: 22.2mg (26.91%), Vitamin B2: 0.17mg (10.04%), Calcium: 100.1mg (10.01%), Phosphorus: 84.27mg (8.43%), Manganese: 0.16mg (7.91%), Vitamin B12: 0.44µg (7.37%), Potassium: 252.45mg (7.21%), Fiber: 1.51g (6.05%), Vitamin A: 149.38IU (2.99%), Copper: 0.06mg (2.8%), Vitamin B3: 0.54mg (2.7%), Folate: 10.78µg (2.7%), Vitamin E: 0.32mg (2.15%), Magnesium: 8.49mg (2.12%), Iron: 0.37mg (2.03%), Vitamin K: 1.51µg (1.44%), Vitamin B1: 0.02mg (1.39%), Vitamin B6: 0.03mg (1.29%), Vitamin B5: 0.11mg (1.11%)