



Peach-Berry Smoothies

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



150 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 2 cups strawberry yogurt fat free 99% yoplait®
- ☐ 1 cup nectarines fresh sliced
- ☐ 1 cup strawberries fresh sliced
- ☐ 1 cup ice crushed

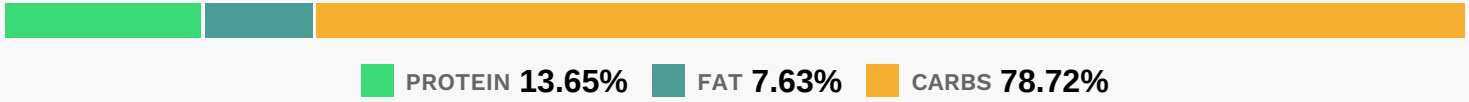
Equipment

- ☐ food processor
- ☐ blender

Directions

- ☐ In blender or food processor, 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:5.4239130259856%

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: 150.41kcal (7.52%), Fat: 1.31g (2.02%), Saturated Fat: 0.62g (3.86%), Carbohydrates: 30.42g (10.14%), Net Carbohydrates: 28.8g (10.47%), Sugar: 25.65g (28.5%), Cholesterol: 11.02mg (3.67%), Sodium: 75.34mg (3.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.28g (10.55%), Vitamin C: 22.2mg (26.91%), Calcium: 140.55mg (14.05%), Vitamin B2: 0.24mg (14%), Phosphorus: 113.49mg (11.35%), Vitamin B12: 0.64µg (10.62%), Potassium: 318.74mg (9.11%), Manganese: 0.16mg (7.91%), Fiber: 1.62g (6.49%), Vitamin A: 160.99IU (3.22%), Copper: 0.06mg (2.8%), Folate: 10.78µg (2.7%), Vitamin B3: 0.54mg (2.7%), Iron: 0.41mg (2.3%), Vitamin E: 0.32mg (2.15%), Magnesium: 8.49mg (2.12%), Vitamin K: 1.51µg (1.44%), Vitamin B1: 0.02mg (1.39%), Vitamin B6: 0.03mg (1.29%), Vitamin B5: 0.11mg (1.11%)