



Peach-Mango Smoothie



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



175 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients



1 tablespoon honey



0.7 cup mango pieces frozen



6 ounce carton peach yogurt fat-free organic



0.7 cup peach nectar



0.7 cup peaches frozen sliced

Equipment

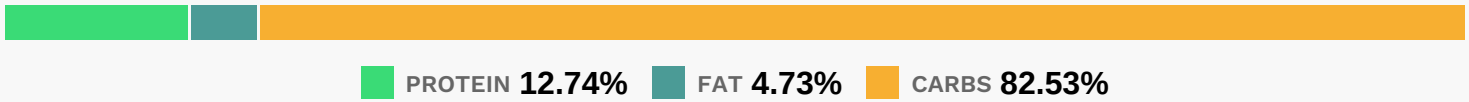


blender

Directions

- ☐ Place 2/3 cup frozen sliced peaches, 2/3 cup frozen mango pieces, 2/3 cup peach nectar, 1 tablespoon honey, and 1 (6-ounce) carton organic peach fat-free yogurt in a blender; process 2 minutes or until smooth.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:72.14, Glycemic Load:10.1, Inflammation Score:-7, Nutrition Score:9.0526085832845%

Flavonoids

Cyanidin: 1.04mg, Cyanidin: 1.04mg, Cyanidin: 1.04mg, Cyanidin: 1.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 3.47mg, Catechin: 3.47mg, Catechin: 3.47mg, Catechin: 3.47mg Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg Epicatechin: 1.2mg, Epicatechin: 1.2mg, Epicatechin: 1.2mg, Epicatechin: 1.2mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 174.78kcal (8.74%), Fat: 0.97g (1.5%), Saturated Fat: 0.19g (1.19%), Carbohydrates: 38.25g (12.75%), Net Carbohydrates: 36.49g (13.27%), Sugar: 37.04g (41.15%), Cholesterol: 1.7mg (0.57%), Sodium: 82.26mg (3.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.91g (11.81%), Vitamin C: 22.94mg (27.81%), Vitamin A: 982.54IU (19.65%), Calcium: 182.96mg (18.3%), Phosphorus: 155.43mg (15.54%), Vitamin B2: 0.25mg (14.84%), Potassium: 402.26mg (11.49%), Folate: 37.98µg (9.49%), Vitamin B12: 0.52µg (8.65%), Vitamin B5: 0.8mg (7.96%), Vitamin B1: 0.12mg (7.89%), Vitamin B6: 0.16mg (7.83%), Vitamin E: 1.11mg (7.4%), Magnesium: 29.3mg (7.32%), Fiber: 1.75g (7.02%), Zinc: 1.02mg (6.83%), Selenium: 4.72µg (6.74%), Copper: 0.13mg (6.63%), Vitamin B3: 0.97mg (4.87%), Vitamin K: 5.02µg (4.78%), Manganese: 0.09mg (4.72%), Iron: 0.44mg (2.45%)