



Peach Pie Smoothie

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



1

CALORIES



257 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 0.1 teaspoon ground cinnamon
- 1 pinch ground ginger
- 1 pinch ground nutmeg
- 1 tablespoon honey plus more to taste
- 0.5 cup nonfat
- 1 cup peaches unsweetened frozen
- 0.5 cup nonfat yogurt plain
- 0.3 teaspoon vanilla extract

Equipment

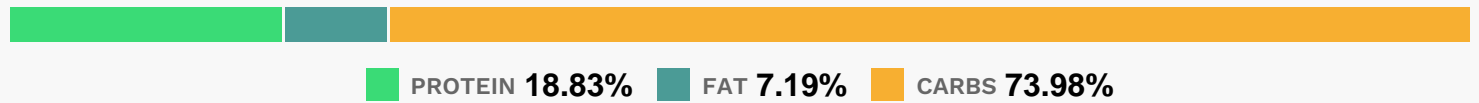
blender

Directions

Watch how to make this recipe.

Put all ingredients into a blender and blend until smooth.

Nutrition Facts



Properties

Glycemic Index:167.52, Glycemic Load:14.56, Inflammation Score:-6, Nutrition Score:14.083478284919%

Flavonoids

Cyanidin: 2.96mg, Cyanidin: 2.96mg, Cyanidin: 2.96mg, Cyanidin: 2.96mg Catechin: 7.58mg, Catechin: 7.58mg, Catechin: 7.58mg, Catechin: 7.58mg Epigallocatechin: 1.6mg, Epigallocatechin: 1.6mg, Epigallocatechin: 1.6mg, Epigallocatechin: 1.6mg Epicatechin: 3.6mg, Epicatechin: 3.6mg, Epicatechin: 3.6mg, Epicatechin: 3.6mg Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

Nutrients (% of daily need)

Calories: 257.28kcal (12.86%), Fat: 2.13g (3.28%), Saturated Fat: 1.11g (6.92%), Carbohydrates: 49.35g (16.45%), Net Carbohydrates: 46.63g (16.96%), Sugar: 45.85g (50.94%), Cholesterol: 8.35mg (2.78%), Sodium: 161.53mg (7.02%), Alcohol: 0.34g (100%), Alcohol %: 0.1% (100%), Protein: 12.56g (25.12%), Calcium: 404.56mg (40.46%), Phosphorus: 351.27mg (35.13%), Vitamin B2: 0.51mg (29.97%), Vitamin B12: 1.47µg (24.45%), Potassium: 707.49mg (20.21%), Selenium: 10.43µg (14.89%), Vitamin A: 743.71IU (14.87%), Vitamin B5: 1.46mg (14.63%), Zinc: 2.13mg (14.2%), Magnesium: 52.7mg (13.18%), Manganese: 0.26mg (13.1%), Vitamin B1: 0.17mg (11.12%), Fiber: 2.72g (10.88%), Vitamin C: 7.56mg (9.17%), Vitamin B6: 0.18mg (9.14%), Vitamin D: 1.3µg (8.65%), Copper: 0.16mg (8%), Vitamin B3: 1.59mg (7.96%), Vitamin E: 1.15mg (7.69%), Folate: 27.52µg (6.88%), Vitamin K: 5.06µg (4.82%), Iron: 0.81mg (4.52%)