



Peaches and Cream Smoothie

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



1

CALORIES



300 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 0.5 teaspoon ginger fresh grated
- 2 tablespoons maple syrup
- 1 cup milk kefir plain whole
- 3.5 ounces peaches frozen

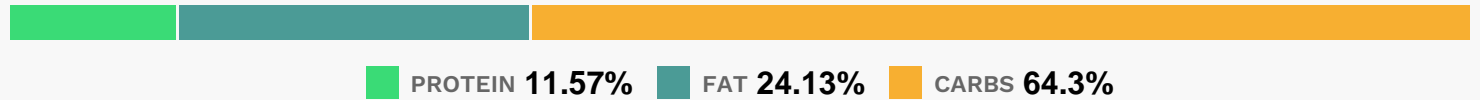
Equipment

- blender

Directions

- Combine the kefir, peaches, maple syrup, and fresh ginger in a blender and pulse a few times to begin to break up the peaches. Then blend on high speed until completely smooth, about 1 minute.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:91.75, Glycemic Load:13.3, Inflammation Score:-7, Nutrition Score:12.50739122992%

Flavonoids

Cyanidin: 1.91mg, Cyanidin: 1.91mg, Cyanidin: 1.91mg, Cyanidin: 1.91mg Catechin: 4.88mg, Catechin: 4.88mg, Catechin: 4.88mg, Catechin: 4.88mg Epigallocatechin: 1.03mg, Epigallocatechin: 1.03mg, Epigallocatechin: 1.03mg, Epigallocatechin: 1.03mg Epicatechin: 2.32mg, Epicatechin: 2.32mg, Epicatechin: 2.32mg, Epicatechin: 2.32mg Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 300.47kcal (15.02%), Fat: 8.2g (12.61%), Saturated Fat: 4.82g (30.13%), Carbohydrates: 49.15g (16.38%), Net Carbohydrates: 47.64g (17.32%), Sugar: 44.31g (49.23%), Cholesterol: 30mg (10%), Sodium: 141.43mg (6.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.84g (17.68%), Vitamin D: 96µg (640%), Manganese: 0.98mg (49.14%), Calcium: 347.73mg (34.77%), Vitamin B2: 0.54mg (31.71%), Vitamin A: 815.47IU (16.31%), Potassium: 215.2mg (6.15%), Fiber: 1.51g (6.03%), Vitamin C: 4.12mg (4.99%), Vitamin E: 0.73mg (4.85%), Vitamin B3: 0.84mg (4.2%), Magnesium: 16.77mg (4.19%), Copper: 0.08mg (3.98%), Zinc: 0.51mg (3.41%), Vitamin B1: 0.05mg (3.36%), Selenium: 2.09µg (2.99%), Vitamin K: 2.98µg (2.84%), Phosphorus: 22.17mg (2.22%), Iron: 0.39mg (2.15%), Vitamin B5: 0.15mg (1.54%), Folate: 6.06µg (1.52%), Vitamin B6: 0.03mg (1.32%)