



Peachy Chai Smoothies

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



3

CALORIES



142 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 2 peaches fresh peeled sliced
- ☐ 12 oz yogurt thick low-fat yoplait® creamy®
- ☐ 0.3 cup chai concentrate (from 10-oz package)
- ☐ 0.5 cup milk
- ☐ 1 serving nutmeg

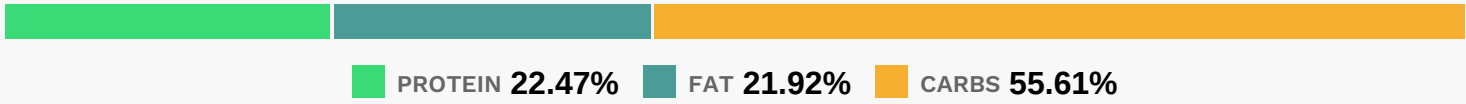
Equipment

- ☐ food processor
- ☐ blender

Directions

- ☐ In blender or food processor, place all ingredients except nutmeg.
- ☐ Cover and blend on high speed about 1 minute or until smooth and creamy.
- ☐ Sprinkle individual servings with a dash of nutmeg.

Nutrition Facts



Properties

Glycemic Index:49.42, Glycemic Load:4.32, Inflammation Score:-5, Nutrition Score:8.8356521336929%

Flavonoids

Cyanidin: 1.92mg, Cyanidin: 1.92mg, Cyanidin: 1.92mg, Cyanidin: 1.92mg Catechin: 5.32mg, Catechin: 5.32mg, Catechin: 5.32mg, Catechin: 5.32mg Epigallocatechin: 3.15mg, Epigallocatechin: 3.15mg, Epigallocatechin: 3.15mg, Epigallocatechin: 3.15mg Epicatechin: 2.9mg, Epicatechin: 2.9mg, Epicatechin: 2.9mg, Epicatechin: 2.9mg Epicatechin 3-gallate: 1.54mg, Epicatechin 3-gallate: 1.54mg, Epicatechin 3-gallate: 1.54mg, Epicatechin 3-gallate: 1.54mg Epigallocatechin 3-gallate: 2.75mg, Epigallocatechin 3-gallate: 2.75mg, Epigallocatechin 3-gallate: 2.75mg, Epigallocatechin 3-gallate: 2.75mg Theaflavin: 0.41mg, Theaflavin: 0.41mg, Theaflavin: 0.41mg, Theaflavin: 0.41mg Thearubigins: 21.32mg, Thearubigins: 21.32mg, Thearubigins: 21.32mg, Thearubigins: 21.32mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg Theaflavin-3,3'-digallate: 0.46mg, Theaflavin-3,3'-digallate: 0.46mg, Theaflavin-3,3'-digallate: 0.46mg, Theaflavin-3,3'-digallate: 0.46mg Theaflavin-3'-gallate: 0.4mg, Theaflavin-3'-gallate: 0.4mg, Theaflavin-3'-gallate: 0.4mg, Theaflavin-3'-gallate: 0.4mg Gallocatechin: 0.33mg, Gallocatechin: 0.33mg, Gallocatechin: 0.33mg, Gallocatechin: 0.33mg

Nutrients (% of daily need)

Calories: 141.6kcal (7.08%), Fat: 3.57g (5.49%), Saturated Fat: 2.08g (13.02%), Carbohydrates: 20.39g (6.8%), Net Carbohydrates: 18.75g (6.82%), Sugar: 18.52g (20.58%), Cholesterol: 11.68mg (3.89%), Sodium: 108.73mg (4.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 5.24mg (1.75%), Protein: 8.24g (16.47%), Calcium: 262.77mg (26.28%), Phosphorus: 228.05mg (22.8%), Vitamin B2: 0.33mg (19.64%), Vitamin B12: 0.85µg (14.24%), Potassium: 460.39mg (13.15%), Vitamin B5: 0.98mg (9.78%), Zinc: 1.43mg (9.5%), Selenium: 6.63µg (9.46%), Vitamin A: 450.39IU (9.01%), Magnesium: 34.16mg (8.54%), Manganese: 0.14mg (7.2%), Vitamin B1: 0.1mg (6.6%), Fiber: 1.64g (6.55%), Vitamin C: 5.03mg (6.09%), Vitamin B6: 0.11mg (5.32%), Vitamin E: 0.78mg (5.23%), Copper: 0.1mg (5.13%), Folate: 20.29µg (5.07%), Vitamin B3: 0.99mg (4.93%), Vitamin K: 3.35µg (3.19%), Vitamin D: 0.45µg (2.98%), Iron: 0.46mg (2.53%)