

Peachy Keen Smoothie

 Vegetarian  Dairy Free

READY IN



10 min.

SERVINGS



2

CALORIES



110 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 0.3 teaspoon nutmeg
- 0.5 teaspoon honey
- 1 cup peaches sliced
- 1 tablespoon rolled oats
- 1 cup soymilk
- 0.5 teaspoon vanilla extract
- 2 teaspoons wheat germ

Equipment

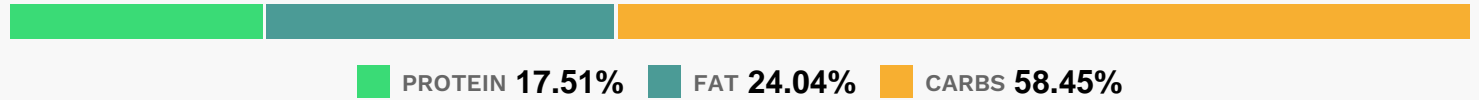
blender

Directions

Place the peaches, ice, nutmeg, vanilla extract, honey, wheat germ, oats, and soy milk into a blender. Cover, and puree until smooth.

Pour into glasses to serve.

Nutrition Facts



Properties

Glycemic Index:117.97, Glycemic Load:5.36, Inflammation Score:-6, Nutrition Score:10.764782636062%

Flavonoids

Cyanidin: 1.48mg, Cyanidin: 1.48mg, Cyanidin: 1.48mg, Cyanidin: 1.48mg Catechin: 3.79mg, Catechin: 3.79mg, Catechin: 3.79mg, Catechin: 3.79mg Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg Epicatechin: 1.8mg, Epicatechin: 1.8mg, Epicatechin: 1.8mg, Epicatechin: 1.8mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 109.92kcal (5.5%), Fat: 2.94g (4.52%), Saturated Fat: 0.37g (2.33%), Carbohydrates: 16.09g (5.36%), Net Carbohydrates: 13.97g (5.08%), Sugar: 11.11g (12.34%), Cholesterol: 0mg (0%), Sodium: 69.51mg (3.02%), Alcohol: 0.34g (100%), Alcohol %: 0.22% (100%), Protein: 4.82g (9.64%), Vitamin E: 3.55mg (23.66%), Vitamin B3: 4.62mg (23.08%), Vitamin B12: 1.27µg (21.24%), Calcium: 170.9mg (17.09%), Vitamin B2: 0.27mg (15.89%), Vitamin B6: 0.31mg (15.56%), Manganese: 0.3mg (14.99%), Vitamin A: 715.02IU (14.3%), Vitamin C: 11.67mg (14.14%), Folate: 46.38µg (11.59%), Copper: 0.23mg (11.44%), Vitamin D: 1.42µg (9.44%), Selenium: 6.01µg (8.58%), Fiber: 2.12g (8.47%), Vitamin B1: 0.13mg (8.35%), Potassium: 283.37mg (8.1%), Iron: 1.05mg (5.81%), Zinc: 0.7mg (4.68%), Phosphorus: 38.32mg (3.83%), Magnesium: 13.3mg (3.33%), Vitamin K: 2.37µg (2.26%), Vitamin B5: 0.18mg (1.76%)