



## Peachy Strawberry Smoothie

 Vegetarian

READY IN



5 min.

SERVINGS



5

CALORIES



163 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

### Ingredients

- 1.5 cups milk fat-free
- 6 oz vanilla yogurt low-fat
- 1.5 tsp crystal raspberry ice flavor drink mix light
- 0.5 cup honey-flavored multi-grain cereal flakes with oat clusters
- 1 cup peaches frozen sliced
- 1 cup strawberries frozen

### Equipment

- blender

# Directions

- Blend ingredients in blender until smooth.
- Serve immediately.

# Nutrition Facts



# Properties

Glycemic Index:36.64, Glycemic Load:9.03, Inflammation Score:-5, Nutrition Score:11.029130521028%

# Flavonoids

Cyanidin: 1.08mg, Cyanidin: 1.08mg, Cyanidin: 1.08mg, Cyanidin: 1.08mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Pelargonidin: 7.16mg, Pelargonidin: 7.16mg, Pelargonidin: 7.16mg, Pelargonidin: 7.16mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 2.41mg, Catechin: 2.41mg, Catechin: 2.41mg, Catechin: 2.41mg Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg Epicatechin: 0.84mg, Epicatechin: 0.84mg, Epicatechin: 0.84mg, Epicatechin: 0.84mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

# Nutrients (% of daily need)

Calories: 163.12kcal (8.16%), Fat: 2.09g (3.22%), Saturated Fat: 0.79g (4.96%), Carbohydrates: 28.29g (9.43%), Net Carbohydrates: 25.83g (9.39%), Sugar: 16.44g (18.27%), Cholesterol: 5.42mg (1.81%), Sodium: 188.86mg (8.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.48g (16.96%), Manganese: 0.65mg (32.68%), Vitamin C: 18.65mg (22.61%), Calcium: 218.37mg (21.84%), Phosphorus: 210.97mg (21.1%), Vitamin B2: 0.28mg (16.34%), Selenium: 11.04µg (15.77%), Vitamin B1: 0.19mg (12.94%), Magnesium: 44.55mg (11.14%), Potassium: 385.79mg (11.02%), Vitamin B12: 0.66µg (10.95%), Fiber: 2.46g (9.86%), Vitamin B3: 1.86mg (9.31%), Zinc: 1.2mg (8.02%), Vitamin B6: 0.16mg (7.81%), Vitamin B5: 0.73mg (7.35%), Folate: 26.81µg (6.7%), Vitamin A: 283.25IU (5.67%), Copper: 0.11mg (5.49%), Vitamin D: 0.81µg (5.39%), Iron: 0.9mg (4.98%), Vitamin K: 3.78µg (3.6%), Vitamin E: 0.47mg (3.1%)