



Peachy Yogurt Cooler



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



2

CALORIES



109 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 cup milk
- ☐ 6 oz peaches yoplait®
- ☐ 1 medium peaches fresh pitted peeled
- ☐ 1 serving nutmeg

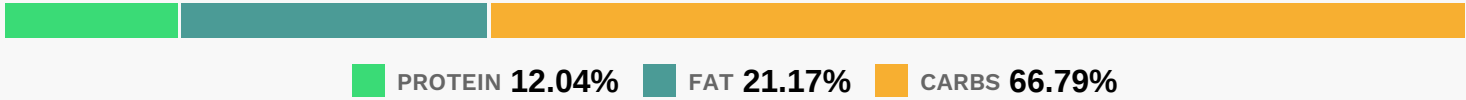
Equipment

- ☐ blender

Directions

- ☐ Place milk, yogurt and peach in blender. Cover and blend on high speed about 30 seconds or until smooth.
- ☐ Pour into glasses.
- ☐ Sprinkle with nutmeg.

Nutrition Facts



Properties

Glycemic Index:94.25, Glycemic Load:6.82, Inflammation Score:-5, Nutrition Score:6.2517390976781%

Flavonoids

Cyanidin: 3.07mg, Cyanidin: 3.07mg, Cyanidin: 3.07mg, Cyanidin: 3.07mg Catechin: 7.87mg, Catechin: 7.87mg, Catechin: 7.87mg, Catechin: 7.87mg Epigallocatechin: 1.66mg, Epigallocatechin: 1.66mg, Epigallocatechin: 1.66mg, Epigallocatechin: 1.66mg Epicatechin: 3.75mg, Epicatechin: 3.75mg, Epicatechin: 3.75mg, Epicatechin: 3.75mg Epigallocatechin 3-gallate: 0.48mg, Epigallocatechin 3-gallate: 0.48mg, Epigallocatechin 3-gallate: 0.48mg, Epigallocatechin 3-gallate: 0.48mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 109.07kcal (5.45%), Fat: 2.75g (4.23%), Saturated Fat: 1.42g (8.9%), Carbohydrates: 19.51g (6.5%), Net Carbohydrates: 16.9g (6.14%), Sugar: 16.65g (18.5%), Cholesterol: 7.32mg (2.44%), Sodium: 44.15mg (1.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.52g (7.03%), Vitamin A: 621.6IU (12.43%), Fiber: 2.61g (10.43%), Phosphorus: 98.95mg (9.9%), Calcium: 83.27mg (8.33%), Potassium: 290.26mg (8.29%), Vitamin E: 1.2mg (7.99%), Vitamin C: 6.59mg (7.99%), Vitamin B2: 0.13mg (7.9%), Vitamin B3: 1.37mg (6.84%), Copper: 0.14mg (6.79%), Selenium: 4.54µg (6.48%), Manganese: 0.13mg (6.45%), Magnesium: 21.95mg (5.49%), Vitamin B12: 0.33µg (5.49%), Vitamin B1: 0.08mg (5.07%), Vitamin K: 4.98µg (4.75%), Vitamin B5: 0.47mg (4.72%), Vitamin D: 0.67µg (4.47%), Zinc: 0.64mg (4.26%), Vitamin B6: 0.08mg (3.94%), Iron: 0.57mg (3.19%), Folate: 10.36µg (2.59%)