



## Peachy Yogurt Cooler

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



2

CALORIES



114 kcal

BEVERAGE

DRINK

### Ingredients

- ☐ 2 servings nutmeg
- ☐ 0.5 cup milk
- ☐ 1 medium peaches fresh pitted peeled
- ☐ 6 ounces peaches low-fat yoplait®

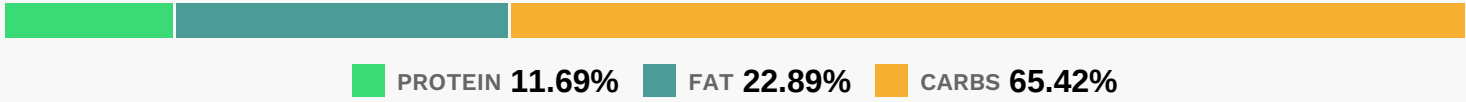
### Equipment

- ☐ 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:7.02, Inflammation Score:-5, Nutrition Score:6.4582608471746%

# 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: 114.32kcal (5.72%), Fat: 3.11g (4.79%), Saturated Fat: 1.68g (10.52%), Carbohydrates: 20g (6.67%), Net Carbohydrates: 17.18g (6.25%), Sugar: 16.93g (18.81%), Cholesterol: 7.32mg (2.44%), Sodium: 44.31mg (1.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.57g (7.15%), Vitamin A: 622.62IU (12.45%), Fiber: 2.82g (11.27%), Phosphorus: 101.08mg (10.11%), Calcium: 85.11mg (8.51%), Potassium: 293.76mg (8.39%), Vitamin C: 6.62mg (8.03%), Vitamin E: 1.2mg (7.99%), Vitamin B2: 0.13mg (7.94%), Manganese: 0.16mg (7.9%), Copper: 0.15mg (7.3%), Vitamin B3: 1.38mg (6.9%), Selenium: 4.55µg (6.5%), Magnesium: 23.78mg (5.95%), Vitamin B12: 0.33µg (5.49%), Vitamin B1: 0.08mg (5.3%), Vitamin K: 4.98µg (4.75%), Vitamin B5: 0.47mg (4.72%), Vitamin D: 0.67µg (4.47%), Zinc: 0.66mg (4.41%), Vitamin B6: 0.08mg (4.02%), Iron: 0.61mg (3.36%), Folate: 11.12µg (2.78%)