



Peanut Butter and Berry Smoothies

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



2

CALORIES



245 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 1 cup soymilk light
- 2 tablespoons creamy peanut butter
- 7.6 oz banana frozen yoplait®

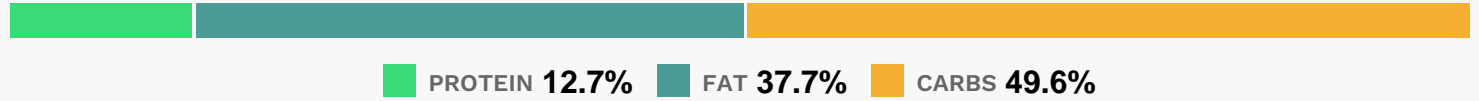
Equipment

- blender

Directions

- In blender, place soy milk, peanut butter and contents of Yoplait® Frozen Smoothie bag. Cover; blend on high speed 1 minute to 1 minute 30 seconds, stopping blender to scrape down sides as necessary, until smooth.
- Pour into glasses.

Nutrition Facts



Properties

Glycemic Index:51.1, Glycemic Load:13.51, Inflammation Score:-6, Nutrition Score:15.238695582618%

Flavonoids

Catechin: 6.57mg, Catechin: 6.57mg, Catechin: 6.57mg, Catechin: 6.57mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 244.5kcal (12.22%), Fat: 10.88g (16.74%), Saturated Fat: 1.98g (12.37%), Carbohydrates: 32.2g (10.73%), Net Carbohydrates: 28.16g (10.24%), Sugar: 17.81g (19.79%), Cholesterol: 0mg (0%), Sodium: 128.72mg (5.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.24g (16.49%), Vitamin B6: 0.74mg (37.07%), Vitamin B3: 6.73mg (33.64%), Vitamin E: 4.54mg (30.26%), Manganese: 0.53mg (26.27%), Vitamin C: 17.87mg (21.66%), Vitamin B12: 1.27µg (21.24%), Vitamin B2: 0.34mg (20.24%), Potassium: 642.29mg (18.35%), Folate: 73.07µg (18.27%), Calcium: 178.43mg (17.84%), Fiber: 4.04g (16.16%), Copper: 0.3mg (14.82%), Magnesium: 56.13mg (14.03%), Vitamin A: 532.69IU (10.65%), Vitamin D: 1.42µg (9.44%), Vitamin B1: 0.13mg (8.58%), Phosphorus: 77.94mg (7.79%), Selenium: 4.45µg (6.35%), Iron: 1.14mg (6.31%), Zinc: 0.85mg (5.67%), Vitamin B5: 0.53mg (5.29%)