



Peanut Butter and Berry Smoothies

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



5 min.

SERVINGS



2

CALORIES



491 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

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

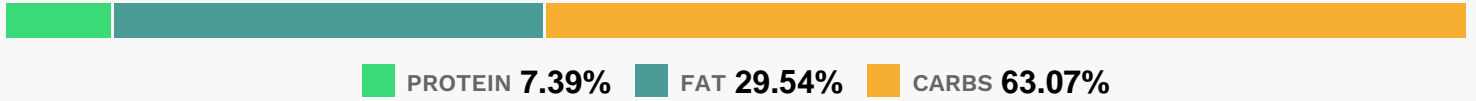
Equipment

- 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:34.39, Glycemic Load:12.31, Inflammation Score:-5, Nutrition Score:9.4221738602804%

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: 490.92kcal (24.55%), Fat: 8.59g (13.22%), Saturated Fat: 1.75g (10.92%), Carbohydrates: 41.29g (13.76%), Net Carbohydrates: 37.72g (13.72%), Sugar: 27.98g (31.09%), Cholesterol: 0mg (0%), Sodium: 79.08mg (3.44%), Alcohol: 35.78g (100%), Alcohol %: 19.91% (100%), Protein: 4.84g (9.67%), Manganese: 0.76mg (38.23%), Vitamin B6: 0.49mg (24.67%), Potassium: 629.83mg (18%), Magnesium: 68.61mg (17.15%), Vitamin B3: 3.29mg (16.43%), Fiber: 3.57g (14.28%), Vitamin B2: 0.21mg (12.24%), Vitamin C: 9.37mg (11.36%), Copper: 0.23mg (11.31%), Vitamin E: 1.57mg (10.44%), Folate: 35.31µg (8.83%), Phosphorus: 84.18mg (8.42%), Vitamin B5: 0.57mg (5.66%), Zinc: 0.68mg (4.55%), Vitamin B1: 0.07mg (4.46%), Iron: 0.68mg (3.79%), Selenium: 1.73µg (2.48%), Calcium: 24.67mg (2.47%), Vitamin A: 68.95IU (1.38%)