

Pog Smoothie



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



142 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 1 cup greek yogurt plain fat-free
- ☐ 1 cup guava nectar
- ☐ 1 cup ice cubes crushed
- ☐ 0.7 cup orange juice fresh
- ☐ 1 cup passion fruit nectar

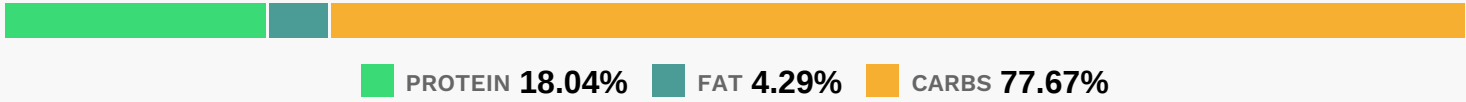
Equipment

- ☐ blender

Directions

- ☐ Place 1 cup plain fat-free Greek yogurt in a blender.
- ☐ Add 1 cup passion fruit nectar, 1 cup guava nectar, and 2/3 cup fresh orange juice; process until smooth.
- ☐ Add 1 cup crushed ice; process until smooth.
- ☐ Pour into glasses.
- ☐ Serve immediately.
- ☐ Smoothie Tip Choose ripe, in-season fruits and vegetables for the best-tasting beverage. If you prefer superthick fruit smoothies, freeze the fruit before blending.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:4.49, Inflammation Score:-7, Nutrition Score:9.2117391617402%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 142.1kcal (7.1%), Fat: 0.72g (1.11%), Saturated Fat: 0.1g (0.62%), Carbohydrates: 29.26g (9.75%), Net Carbohydrates: 22.41g (8.15%), Sugar: 19.48g (21.64%), Cholesterol: 2.5mg (0.83%), Sodium: 42.28mg (1.84%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 6.79g (13.59%), Vitamin C: 50.73mg (61.49%), Fiber: 6.85g (27.38%), Vitamin A: 857.11IU (17.14%), Vitamin B2: 0.23mg (13.62%), Phosphorus: 116.4mg (11.64%), Potassium: 382.33mg (10.92%), Selenium: 5.35µg (7.64%), Calcium: 75.8mg (7.58%), Magnesium: 29.63mg (7.41%), Folate: 26.04µg (6.51%), Vitamin B3: 1.27mg (6.36%), Iron: 1.06mg (5.9%), Vitamin B12: 0.35µg (5.83%), Vitamin B6: 0.11mg (5.69%), Copper: 0.1mg (4.88%), Vitamin B1: 0.05mg (3.34%), Vitamin B5: 0.3mg (2.97%), Zinc: 0.37mg (2.46%), Manganese: 0.04mg (1.77%)