



Raspberry-Banana Yogurt Smoothies



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



2

CALORIES



250 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients



1 cup banana sliced



1 cup raspberries fresh unsweetened



1.5 cups soymilk



6 oz vanilla yogurt fat free french 99% yoplait®

Equipment



food processor

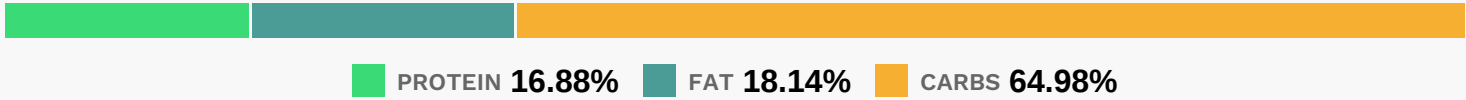


blender

Directions

- ☐ Place ingredients in blender or food processor. Cover; blend on high speed about 30 seconds or until smooth.
- ☐ Pour into 2 glasses.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:57.1, Glycemic Load:10.95, Inflammation Score:-7, Nutrition Score:21.717826200568%

Flavonoids

Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 5.36mg, Catechin: 5.36mg, Catechin: 5.36mg, Catechin: 5.36mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg 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: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 249.89kcal (12.49%), Fat: 5.22g (8.04%), Saturated Fat: 1.15g (7.16%), Carbohydrates: 42.08g (14.03%), Net Carbohydrates: 35.53g (12.92%), Sugar: 28.02g (31.13%), Cholesterol: 4.25mg (1.42%), Sodium: 145.98mg (6.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.93g (21.87%), Vitamin C: 35.67mg (43.24%), Calcium: 411.98mg (41.2%), Vitamin B12: 2.36µg (39.37%), Vitamin B6: 0.76mg (37.95%), Vitamin B2: 0.6mg (35.34%), Vitamin B3: 6.78mg (33.88%), Vitamin E: 5.07mg (33.83%), Manganese: 0.61mg (30.4%), Fiber: 6.56g (26.23%), Folate: 93.6µg (23.4%), Potassium: 794.93mg (22.71%), Copper: 0.34mg (17.06%), Vitamin A: 799.98IU (16%), Phosphorus: 148.72mg (14.87%), Vitamin D: 2.12µg (14.16%), Selenium: 9.11µg (13.01%), Vitamin B1: 0.19mg (12.53%), Magnesium: 47.06mg (11.76%), Zinc: 1.5mg (9.97%), Vitamin B5: 0.92mg (9.17%), Iron: 1.54mg (8.53%), Vitamin K: 5.14µg (4.9%)