



Raspberry-Grape Smoothie

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



220 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 0.5 cup grape juice unsweetened refrigerated 100%
- 2 tablespoons honey
- 0.5 teaspoon juice of lemon fresh
- 1 cup raspberries frozen
- 6 ounce carton strawberry yogurt low-fat

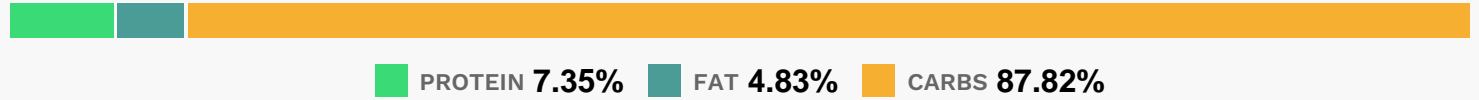
Equipment

- blender

Directions

- Place all ingredients in a blender; process until smooth.
- Serve immediately.
- To your Health One cup of raspberries gives you half a day's dose of vitamin C and about a third of your daily fiber.

Nutrition Facts



Properties

Glycemic Index:39.14, Glycemic Load:9.87, Inflammation Score:-2, Nutrition Score:6.6234782739826%

Flavonoids

Cyanidin: 28.02mg, Cyanidin: 28.02mg, Cyanidin: 28.02mg, Cyanidin: 28.02mg Petunidin: 0.83mg, Petunidin: 0.83mg, Petunidin: 0.83mg, Petunidin: 0.83mg Delphinidin: 2.01mg, Delphinidin: 2.01mg, Delphinidin: 2.01mg, Delphinidin: 2.01mg Malvidin: 7.14mg, Malvidin: 7.14mg, Malvidin: 7.14mg, Malvidin: 7.14mg Pelargonidin: 0.6mg, Pelargonidin: 0.6mg, Pelargonidin: 0.6mg, Pelargonidin: 0.6mg Peonidin: 0.74mg, Peonidin: 0.74mg, Peonidin: 0.74mg, Peonidin: 0.74mg Catechin: 1.3mg, Catechin: 1.3mg, Catechin: 1.3mg, Catechin: 1.3mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 2.47mg, Epicatechin: 2.47mg, Epicatechin: 2.47mg, Epicatechin: 2.47mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg

Nutrients (% of daily need)

Calories: 220.01kcal (11%), Fat: 1.24g (1.91%), Saturated Fat: 0.45g (2.83%), Carbohydrates: 50.8g (16.93%), Net Carbohydrates: 46.47g (16.9%), Sugar: 43.53g (48.37%), Cholesterol: 7.65mg (2.55%), Sodium: 51.39mg (2.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.25g (8.51%), Manganese: 0.57mg (28.51%), Vitamin C: 16.37mg (19.84%), Fiber: 4.33g (17.31%), Calcium: 115.14mg (11.51%), Vitamin B2: 0.19mg (11.38%), Phosphorus: 93.53mg (9.35%), Potassium: 319.12mg (9.12%), Vitamin B12: 0.44µg (7.37%), Magnesium: 20.02mg (5.01%), Vitamin K: 4.93µg (4.7%), Iron: 0.77mg (4.29%), Copper: 0.07mg (3.66%), Vitamin E: 0.52mg (3.49%), Folate: 13.27µg (3.32%), Vitamin B6: 0.06mg (2.94%), Vitamin B5: 0.24mg (2.44%), Vitamin B3: 0.47mg (2.35%), Zinc: 0.34mg (2.29%),

Vitamin B1: 0.03mg (2.02%), Vitamin A: 51.3IU (1.03%)