



## Raspberry Lemonade Smoothies

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



10 min.

SERVINGS



4

CALORIES



150 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

### Ingredients

- 1 cup pink lemonade kool-aid refrigerated (from 64-oz container)
- 2 banana ripe sliced
- 1.5 cups raspberries fresh
- 12 oz raspberries red yoplait®

### Equipment

- food processor
- blender

## Directions

- In blender or food processor, place all ingredients.
- Cover and blend on high speed about 1 minute or until smooth and creamy.

## Nutrition Facts

**PROTEIN 5.38%** **FAT 5.71%** **CARBS 88.91%**

## Properties

Glycemic Index:42.82, Glycemic Load:13.18, Inflammation Score:-5, Nutrition Score:11.088695603868%

## Flavonoids

Cyanidin: 59.52mg, Cyanidin: 59.52mg, Cyanidin: 59.52mg, Cyanidin: 59.52mg Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg Delphinidin: 1.72mg, Delphinidin: 1.72mg, Delphinidin: 1.72mg, Delphinidin: 1.72mg Malvidin: 0.17mg, Malvidin: 0.17mg, Malvidin: 0.17mg, Malvidin: 0.17mg Pelargonidin: 1.27mg, Pelargonidin: 1.27mg, Pelargonidin: 1.27mg, Pelargonidin: 1.27mg Peonidin: 0.16mg, Peonidin: 0.16mg, Peonidin: 0.16mg, Peonidin: 0.16mg Catechin: 5.3mg, Catechin: 5.3mg, Catechin: 5.3mg, Catechin: 5.3mg Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg Epicatechin: 4.59mg, Epicatechin: 4.59mg, Epicatechin: 4.59mg, Epicatechin: 4.59mg Epigallocatechin 3-gallate: 0.7mg, Epigallocatechin 3-gallate: 0.7mg, Epigallocatechin 3-gallate: 0.7mg, Epigallocatechin 3-gallate: 0.7mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

## Nutrients (% of daily need)

Calories: 150.06kcal (7.5%), Fat: 1.04g (1.6%), Saturated Fat: 0.09g (0.57%), Carbohydrates: 36.41g (12.14%), Net Carbohydrates: 26.42g (9.61%), Sugar: 19.93g (22.14%), Cholesterol: 0mg (0%), Sodium: 5.63mg (0.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.2g (4.41%), Manganese: 1.03mg (51.53%), Vitamin C: 39.21mg (47.52%), Fiber: 9.99g (39.95%), Vitamin B6: 0.29mg (14.4%), Potassium: 407.59mg (11.65%), Magnesium: 44.54mg (11.14%), Vitamin K: 10.44µg (9.94%), Folate: 39.11µg (9.78%), Copper: 0.16mg (8.15%), Vitamin E: 1.19mg (7.94%), Vitamin B5: 0.62mg (6.25%), Vitamin B3: 1.17mg (5.85%), Iron: 1.05mg (5.84%), Vitamin B2: 0.09mg (5.44%), Phosphorus: 50.69mg (5.07%), Zinc: 0.63mg (4.23%), Vitamin B1: 0.06mg (3.99%), Calcium: 35.46mg (3.55%), Vitamin A: 80.68IU (1.61%), Selenium: 0.85µg (1.21%)