



Raspberry Oatmeal Smoothies

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



2

CALORIES



356 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 0.3 cup rolled oats
- 1 banana
- 1 cup raspberries red frozen organic
- 6 oz vanilla yogurt french yoplait®
- 0.5 cup water cold
- 0.3 cup cream of coconut (not cream of coconut)
- 0.3 teaspoon vanilla

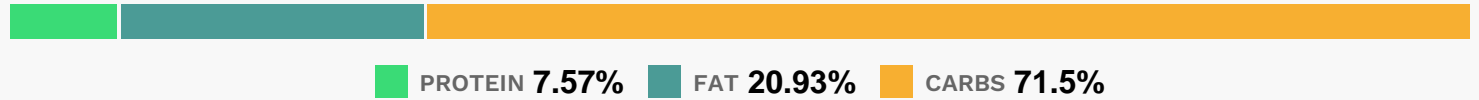
Equipment

blender

Directions

- In blender, place ingredients.
- Cover; blend on high speed until smooth.
- Pour into 2 glasses; serve immediately.

Nutrition Facts



Properties

Glycemic Index:60.39, Glycemic Load:9.71, Inflammation Score:-4, Nutrition Score:12.323043382686%

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: 4.39mg, Catechin: 4.39mg, Catechin: 4.39mg, Catechin: 4.39mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 2.12mg, Epicatechin: 2.12mg, Epicatechin: 2.12mg, Epicatechin: 2.12mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 356.06kcal (17.8%), Fat: 8.48g (13.04%), Saturated Fat: 6.43g (40.16%), Carbohydrates: 65.15g (21.72%), Net Carbohydrates: 57.46g (20.9%), Sugar: 46.42g (51.58%), Cholesterol: 4.25mg (1.42%), Sodium: 79.43mg (3.45%), Alcohol: 0.17g (100%), Alcohol %: 0.07% (100%), Protein: 6.89g (13.79%), Manganese: 0.93mg (46.69%), Fiber: 7.69g (30.76%), Vitamin C: 21.53mg (26.1%), Phosphorus: 186.78mg (18.68%), Calcium: 170.48mg (17.05%), Potassium: 525.51mg (15.01%), Vitamin B6: 0.3mg (14.9%), Vitamin B2: 0.25mg (14.88%), Magnesium: 57.38mg (14.34%), Selenium: 7.81µg (11.15%), Vitamin B5: 0.98mg (9.78%), Zinc: 1.42mg (9.48%), Folate: 37µg (9.25%), Copper: 0.16mg (8.03%), Vitamin B1: 0.12mg (7.99%), Vitamin B12: 0.45µg (7.51%), Iron: 1.06mg (5.88%), Vitamin K: 5.26µg (5.01%), Vitamin B3: 0.96mg (4.79%), Vitamin E: 0.64mg (4.27%), Vitamin A: 94.13IU (1.88%)