



Raspberry Smoothie

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



181 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 6 oz banana peeled cut into chunks
- ☐ 0.5 cup nonfat yogurt low-fat
- ☐ 1 cup orange juice
- ☐ 0.5 cup raspberries frozen

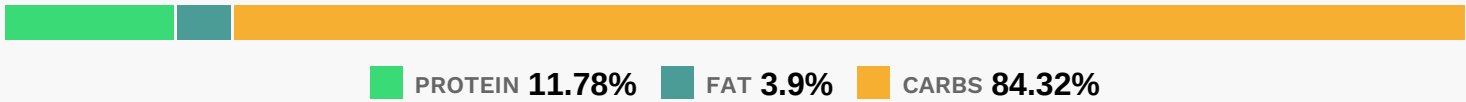
Equipment

- ☐ blender

Directions

- ☐ In a blender, whirl banana, orange juice, yogurt, and raspberries until smooth.
- ☐ Variations: Whirl together these delicious combinations, or mix and match to create your own favorites.
- ☐ Variation 1: 1 cup vanilla soy milk and 1 cup frozen raspberries, strawberries, or blackberries
- ☐ Variation 2: 1 cup orange juice, 1 cup plain yogurt, 1/3 cup chopped fresh Medjool dates, and 1 tablespoon honey
- ☐ Variation 3: 1 cup chocolate soy milk, 1 banana, and 1 tablespoon peanut butter
- ☐ Variation 4: 1 cup mango or papaya chunks, 1 cup pineapple juice, and 1/2 cup vanilla yogurt
- ☐ Variation 5: 1/2 cup carrot juice, 1/2 cup orange juice, 1/2 cup plain yogurt, 1 banana, and 1 tablespoon honey

Nutrition Facts



Properties

Glycemic Index:66.39, Glycemic Load:16.41, Inflammation Score:-7, Nutrition Score:13.936956436738%

Flavonoids

Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 5.58mg, Catechin: 5.58mg, Catechin: 5.58mg, Catechin: 5.58mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 14.82mg, Hesperetin: 14.82mg, Hesperetin: 14.82mg, Hesperetin: 14.82mg Naringenin: 2.65mg, Naringenin: 2.65mg, Naringenin: 2.65mg, Naringenin: 2.65mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 181.39kcal (9.07%), Fat: 0.83g (1.28%), Saturated Fat: 0.2g (1.26%), Carbohydrates: 40.56g (13.52%), Net Carbohydrates: 36.15g (13.15%), Sugar: 26.82g (29.8%), Cholesterol: 1.23mg (0.41%), Sodium: 49.55mg (2.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.66g (11.33%), Vitamin C: 77.81mg (94.32%), Manganese: 0.45mg (22.55%), Potassium: 753.96mg (21.54%), Vitamin B6: 0.41mg (20.53%), Fiber: 4.41g (17.64%), Folate: 67.86µg (16.96%), Vitamin B2: 0.25mg (14.94%), Calcium: 147.28mg (14.73%), Phosphorus: 144.65mg (14.47%), Magnesium: 54.84mg (13.71%), Vitamin B1: 0.18mg (11.8%), Vitamin B5: 1.01mg (10.11%), Copper: 0.16mg (7.85%), Vitamin B3: 1.32mg (6.58%), Vitamin A: 316.62IU (6.33%), Vitamin B12: 0.37µg (6.23%), Zinc: 0.91mg (6.06%), Selenium: 3.24µg (4.63%), Iron: 0.73mg (4.06%), Vitamin K: 3.01µg (2.87%), Vitamin E: 0.4mg (2.64%)