



Raspberry Smoothies

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



122 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 8 ounce carton lemon yogurt low-fat
- ☐ 1.5 cups raspberries fresh
- ☐ 1.5 cups non-dairy whipped topping frozen thawed reduced-calorie

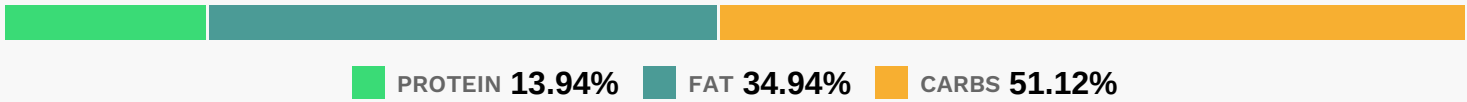
Equipment

- ☐ blender

Directions

- ☐ Combine all ingredients in a blender.
- ☐ Add ice cubes to reach 4-cup level. Process until smooth.
- ☐ Serve immediately.
- ☐ Strawberry Smoothies: Use 1 1/2 cups sliced strawberries instead of raspberries; proceed with recipe as directed.
- ☐ Blueberry Smoothies: Use 1 1/2 cups blueberries instead of raspberries; proceed with recipe as directed.
- ☐ Peach Smoothies: Use 1 1/2 cups fresh or frozen sliced peaches instead of raspberries, use vanilla low-fat yogurt instead of lemon, and proceed with recipe as directed.
- ☐ carbo rating: 28

Nutrition Facts



Properties

Glycemic Index:6.5, Glycemic Load:0.63, Inflammation Score:-2, Nutrition Score:5.8147826091103%

Flavonoids

Cyanidin: 20.6mg, Cyanidin: 20.6mg, Cyanidin: 20.6mg, Cyanidin: 20.6mg Petunidin: 0.14mg, Petunidin: 0.14mg, Petunidin: 0.14mg, Petunidin: 0.14mg Delphinidin: 0.59mg, Delphinidin: 0.59mg, Delphinidin: 0.59mg, Delphinidin: 0.59mg Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Pelargonidin: 0.44mg, Pelargonidin: 0.44mg, Pelargonidin: 0.44mg, Pelargonidin: 0.44mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 1.58mg, Epicatechin: 1.58mg, Epicatechin: 1.58mg, Epicatechin: 1.58mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 122.12kcal (6.11%), Fat: 4.86g (7.47%), Saturated Fat: 3.75g (23.46%), Carbohydrates: 15.98g (5.33%), Net Carbohydrates: 13.06g (4.75%), Sugar: 12.62g (14.02%), Cholesterol: 3.96mg (1.32%), Sodium: 60.39mg (2.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.36g (8.72%), Manganese: 0.3mg (15.19%), Vitamin C: 12.24mg (14.84%), Calcium: 134.98mg (13.5%), Fiber: 2.92g (11.7%), Phosphorus: 115.51mg (11.55%), Vitamin B2: 0.16mg (9.63%), Potassium: 229.03mg (6.54%), Vitamin B12: 0.37µg (6.23%), Magnesium: 21.51mg (5.38%), Vitamin B5: 0.48mg (4.83%), Zinc: 0.72mg (4.81%), Vitamin K: 4.52µg (4.31%), Folate: 16.53µg (4.13%), Selenium: 2.64µg (3.77%),

Vitamin E: 0.55mg (3.66%), Vitamin B1: 0.05mg (3%), Vitamin B6: 0.06mg (2.91%), Copper: 0.05mg (2.53%), Iron: 0.38mg (2.13%), Vitamin B3: 0.36mg (1.81%), Vitamin A: 64.58IU (1.29%)