



Rosy Rhubarb Smoothie



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



2

CALORIES



168 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 1 small banana cut in chunks
- ☐ 1 cup cranberry juice blend
- ☐ 1 cup rhubarb frozen chopped
- ☐ 0.5 cup vanilla yogurt

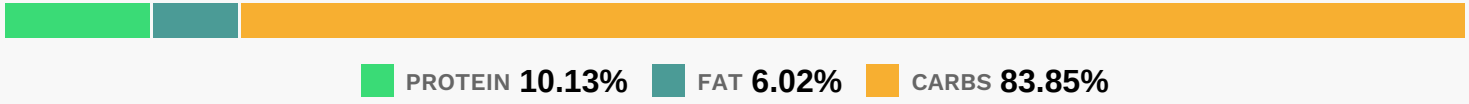
Equipment

- ☐ blender

Directions

 Blend rhubarb, banana, cranberry juice blend, vanilla yogurt, and red food coloring in a blender until smooth.

Nutrition Facts



Properties

Glycemic Index:61.89, Glycemic Load:14.38, Inflammation Score:-4, Nutrition Score:9.3586955796117%

Flavonoids

Catechin: 4.4mg, Catechin: 4.4mg, Catechin: 4.4mg, Catechin: 4.4mg Epicatechin: 0.32mg, Epicatechin: 0.32mg, Epicatechin: 0.32mg, Epicatechin: 0.32mg Epicatechin 3-gallate: 0.37mg, Epicatechin 3-gallate: 0.37mg, Epicatechin 3-gallate: 0.37mg, Epicatechin 3-gallate: 0.37mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 168.01kcal (8.4%), Fat: 1.22g (1.87%), Saturated Fat: 0.6g (3.72%), Carbohydrates: 38.17g (12.72%), Net Carbohydrates: 35.63g (12.96%), Sugar: 30.59g (33.99%), Cholesterol: 3.06mg (1.02%), Sodium: 45.9mg (2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.61g (9.22%), Vitamin C: 21.53mg (26.09%), Vitamin K: 24.64µg (23.47%), Calcium: 169.84mg (16.98%), Potassium: 588.01mg (16.8%), Vitamin B6: 0.29mg (14.67%), Manganese: 0.26mg (12.92%), Phosphorus: 118.78mg (11.88%), Vitamin B2: 0.2mg (11.83%), Vitamin E: 1.75mg (11.64%), Fiber: 2.54g (10.15%), Magnesium: 38.35mg (9.59%), Copper: 0.13mg (6.49%), Selenium: 4.3µg (6.15%), Vitamin B5: 0.56mg (5.59%), Folate: 22.37µg (5.59%), Vitamin B12: 0.32µg (5.41%), Zinc: 0.77mg (5.14%), Vitamin B1: 0.06mg (4.33%), Vitamin A: 177.8IU (3.56%), Vitamin B3: 0.7mg (3.5%), Iron: 0.62mg (3.47%)