



Smooth-and-Creamy Strawberry Smoothies

 **Gluten Free**

READY IN



10 min.

SERVINGS



2

CALORIES



182 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 1 cup ice cubes
- 0.5 cup strawberries fresh
- 6 oz strawberry yogurt low-fat
- 1 cup cool whip whipped topping thawed

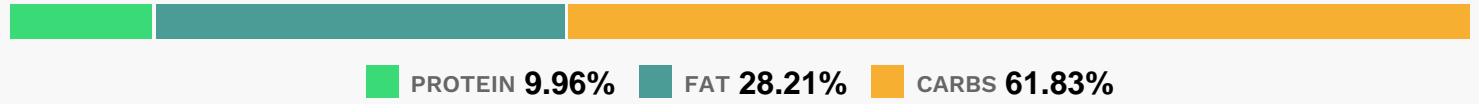
Equipment

- blender

Directions

- Blend COOL WHIP, yogurt and strawberries in blender until smooth.
- Add ice; blend on high speed until thickened.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:0.82, Inflammation Score:-1, Nutrition Score:4.5913043436797%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 182.27kcal (9.11%), Fat: 5.79g (8.9%), Saturated Fat: 4.67g (29.18%), Carbohydrates: 28.54g (9.51%), Net Carbohydrates: 27.56g (10.02%), Sugar: 25.24g (28.04%), Cholesterol: 8.4mg (2.8%), Sodium: 80.05mg (3.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.6g (9.2%), Vitamin C: 21.17mg (25.66%), Calcium: 127.79mg (12.78%), Vitamin B2: 0.19mg (11.46%), Phosphorus: 102.73mg (10.27%), Vitamin B12: 0.52µg (8.62%), Potassium: 243.49mg (6.96%), Manganese: 0.14mg (6.95%), Fiber: 0.98g (3.9%), Folate: 9.77µg (2.44%), Magnesium: 8.49mg (2.12%), Copper: 0.04mg (2%), Vitamin E: 0.29mg (1.95%), Vitamin K: 1.99µg (1.9%), Iron: 0.3mg (1.64%), Selenium: 1.04µg (1.49%), Vitamin B6: 0.02mg (1.22%), Vitamin A: 58.44IU (1.17%), Vitamin B1: 0.02mg (1.08%)