



Strawberry Banana Nut Oatmeal Smoothies

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



2

CALORIES



308 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 1 cup skim milk fat-free (skim)
- ☐ 1 packet regular-flavor oatmeal instant
- ☐ 0.3 cup walnuts
- ☐ 7.6 oz banana yoplait®

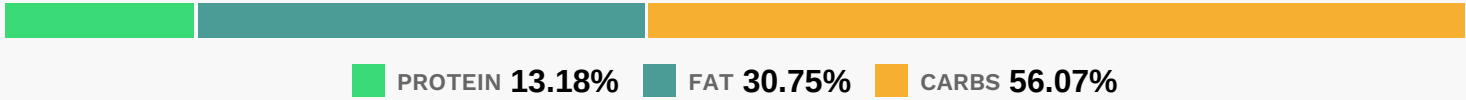
Equipment

- ☐ blender

Directions

- ☐ In blender, place all ingredients. Cover; blend on high speed 1 minute to 1 minute 30 seconds, stopping to scrape sides as necessary, until smooth.
- ☐ Pour into 2 glasses.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:95.51, Glycemic Load:23.85, Inflammation Score:-6, Nutrition Score:14.495217307754%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Catechin: 6.57mg, Catechin: 6.57mg, Catechin: 6.57mg, Catechin: 6.57mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 308.41kcal (15.42%), Fat: 11.28g (17.35%), Saturated Fat: 1.3g (8.15%), Carbohydrates: 46.29g (15.43%), Net Carbohydrates: 40.5g (14.73%), Sugar: 19.92g (22.13%), Cholesterol: 3.67mg (1.23%), Sodium: 52.41mg (2.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.88g (21.76%), Manganese: 0.79mg (39.69%), Phosphorus: 302.55mg (30.25%), Vitamin B6: 0.57mg (28.48%), Magnesium: 97.23mg (24.31%), Fiber: 5.79g (23.16%), Potassium: 726.49mg (20.76%), Vitamin B1: 0.3mg (20.1%), Calcium: 192.08mg (19.21%), Vitamin B2: 0.29mg (17.04%), Copper: 0.32mg (15.95%), Zinc: 1.79mg (11.96%), Vitamin B12: 0.71µg (11.84%), Vitamin C: 9.56mg (11.59%), Folate: 44.89µg (11.22%), Vitamin D: 1.35µg (8.98%), Vitamin B5: 0.88mg (8.8%), Iron: 1.57mg (8.7%), Vitamin A: 321.77IU (6.44%), Selenium: 4.24µg (6.06%), Vitamin B3: 1.18mg (5.92%), Vitamin E: 0.31mg (2.04%)