



Strawberry-Basil Yogurt Cooler - Lassi

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



4

CALORIES



62 kcal

BEVERAGE

DRINK

Ingredients

- 1 pinch pepper black generous freshly ground
- 2 leaves basil fresh plus more for garnish
- 1 pinch salt
- 2 cups strawberries fresh thawed
- 2 tablespoons sugar to taste
- 0.3 cup water
- 0.5 cup yogurt greek-style (2 percent)

Equipment

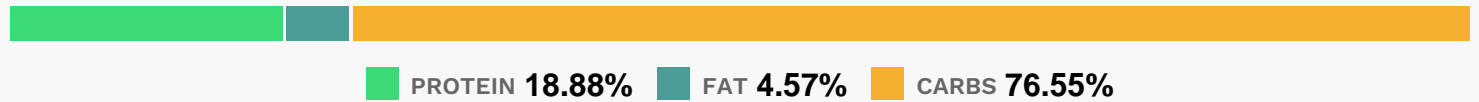
blender

Directions

Whizz all of the ingredients together in blender.

Pour into serving glasses and garnish with small basil leaves.

Nutrition Facts



Properties

Glycemic Index:53.02, Glycemic Load:5.83, Inflammation Score:-3, Nutrition Score:5.3152173537275%

Flavonoids

Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg

Nutrients (% of daily need)

Calories: 61.51kcal (3.08%), Fat: 0.33g (0.51%), Saturated Fat: 0.04g (0.24%), Carbohydrates: 12.44g (4.15%), Net Carbohydrates: 10.99g (4%), Sugar: 10.33g (11.47%), Cholesterol: 1.25mg (0.42%), Sodium: 20.22mg (0.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.07g (6.14%), Vitamin C: 42.38mg (51.37%), Manganese: 0.29mg (14.32%), Fiber: 1.45g (5.8%), Phosphorus: 51.46mg (5.15%), Vitamin B2: 0.09mg (5.14%), Folate: 19.2µg (4.8%), Potassium: 146.6mg (4.19%), Calcium: 40.33mg (4.03%), Selenium: 2.8µg (4%), Magnesium: 12.46mg (3.12%), Vitamin B12: 0.17µg (2.92%), Vitamin K: 2.66µg (2.54%), Vitamin B6: 0.05mg (2.52%), Copper: 0.04mg (2.14%), Iron: 0.33mg (1.81%), Vitamin B5: 0.17mg (1.74%), Vitamin B3: 0.33mg (1.67%), Zinc: 0.24mg (1.58%), Vitamin B1: 0.02mg (1.53%), Vitamin E: 0.21mg (1.42%)