



Strawberry-Guava Smoothie



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



198 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 1 banana frozen ripe sliced
- ☐ 0.5 cup guava nectar
- ☐ 2 ounces ice cubes
- ☐ 1 cup strawberries quartered
- ☐ 6 ounce strawberry yogurt fat-free organic

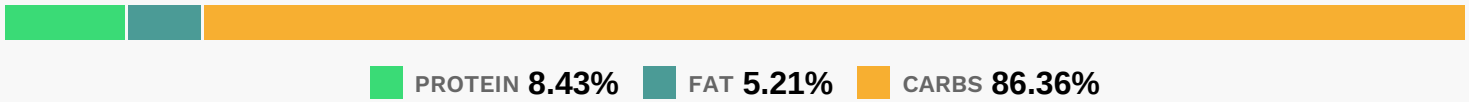
Equipment

- ☐ blender

Directions

- ☐ Place 1 cup quartered strawberries (about 5 ounces), 1/2 cup guava nectar, 1 (6-ounce) carton organic strawberry fat-free yogurt, 1 frozen sliced ripe small banana, and 5 ice cubes (about 2 ounces) in a blender; process 2 minutes or until smooth.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:47.39, Glycemic Load:8.16, Inflammation Score:-4, Nutrition Score:9.58043465407%

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: 5.84mg, Catechin: 5.84mg, Catechin: 5.84mg, Catechin: 5.84mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg 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: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 198.07kcal (9.9%), Fat: 1.21g (1.87%), Saturated Fat: 0.5g (3.14%), Carbohydrates: 45.24g (15.08%), Net Carbohydrates: 41.38g (15.05%), Sugar: 33.11g (36.79%), Cholesterol: 7.65mg (2.55%), Sodium: 53.9mg (2.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.41g (8.83%), Vitamin C: 59.83mg (72.52%), Manganese: 0.46mg (23.12%), Fiber: 3.86g (15.43%), Potassium: 495.76mg (14.16%), Vitamin B6: 0.26mg (12.83%), Vitamin B2: 0.21mg (12.58%), Calcium: 114.08mg (11.41%), Phosphorus: 97.85mg (9.79%), Folate: 30.96µg (7.74%), Vitamin B12: 0.44µg (7.37%), Magnesium: 27.46mg (6.86%), Copper: 0.1mg (4.79%), Vitamin B3: 0.79mg (3.93%), Vitamin B5: 0.34mg (3.4%), Iron: 0.56mg (3.11%), Vitamin B1: 0.04mg (2.5%), Vitamin K: 2.38µg (2.27%), Vitamin E: 0.3mg (1.99%), Vitamin A: 94.73IU (1.89%), Zinc: 0.21mg (1.41%), Selenium: 0.88µg (1.25%)