



## Strawberry Mint Smoothie

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



2

CALORIES



119 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

### Ingredients

- 1 tablespoon vanilla-flavored syrup
- 1 tablespoon mint leaves fresh
- 6 ice cubes or as needed
- 0.5 cup milk kefir
- 1 tablespoon orange juice
- 2 cups strawberries hulled

### Equipment

- blender

# Directions

- Combine ice cubes, strawberries, kefir, mint leaves, vanilla syrup, and orange juice together respectively in a blender and blend until smooth.

# Nutrition Facts

PROTEIN 9.77% FAT 18.54% CARBS 71.69%

## Properties

Glycemic Index:46, Glycemic Load:3.72, Inflammation Score:-6, Nutrition Score:13.791739124319%

## Flavonoids

Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Eriodictyol: 0.79mg, Eriodictyol: 0.79mg, Eriodictyol: 0.79mg, Eriodictyol: 0.79mg Hesperetin: 1.27mg, Hesperetin: 1.27mg, Hesperetin: 1.27mg, Hesperetin: 1.27mg Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

## Nutrients (% of daily need)

Calories: 118.75kcal (5.94%), Fat: 2.61g (4.02%), Saturated Fat: 1.33g (8.32%), Carbohydrates: 22.73g (7.58%), Net Carbohydrates: 19.63g (7.14%), Sugar: 10.76g (11.95%), Cholesterol: 7.9mg (2.63%), Sodium: 45.4mg (1.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.1g (6.2%), Vitamin D: 24µg (160%), Vitamin C: 89.72mg (108.75%), Manganese: 0.6mg (29.75%), Fiber: 3.1g (12.39%), Calcium: 106.51mg (10.65%), Folate: 39.96µg (9.99%), Potassium: 251.85mg (7.2%), Magnesium: 22.27mg (5.57%), Copper: 0.11mg (5.44%), Vitamin A: 269.58IU (5.39%), Iron: 0.74mg (4.13%), Phosphorus: 38.83mg (3.88%), Vitamin B6: 0.07mg (3.72%), Vitamin B3: 0.63mg (3.17%), Vitamin K: 3.18µg (3.03%), Vitamin B1: 0.05mg (3.02%), Vitamin E: 0.42mg (2.81%), Vitamin B2: 0.04mg (2.46%), Vitamin B5: 0.21mg (2.07%), Zinc: 0.24mg (1.61%)