



## Strawberry-Orange Smoothie

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



183 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

### Ingredients

- 3.4 oz jell-o vanilla flavor pudding instant
- 2 cups orange juice
- 16 oz strawberries whole frozen

### Equipment

- blender

### Directions

Blend ingredients in blender until smooth.

Serve immediately.

## Nutrition Facts

**PROTEIN 3.59%** **FAT 3.25%** **CARBS 93.16%**

### Properties

Glycemic Index:23, Glycemic Load:9.15, Inflammation Score:-7, Nutrition Score:9.8417391828869%

### Flavonoids

Cyanidin: 1.91mg, Cyanidin: 1.91mg, Cyanidin: 1.91mg, Cyanidin: 1.91mg Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 0.35mg, Delphinidin: 0.35mg, Delphinidin: 0.35mg, Delphinidin: 0.35mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 28.18mg, Pelargonidin: 28.18mg, Pelargonidin: 28.18mg, Pelargonidin: 28.18mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 3.53mg, Catechin: 3.53mg, Catechin: 3.53mg, Catechin: 3.53mg Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg Epicatechin: 0.48mg, Epicatechin: 0.48mg, Epicatechin: 0.48mg, Epicatechin: 0.48mg Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 14.82mg, Hesperetin: 14.82mg, Hesperetin: 14.82mg, Hesperetin: 14.82mg Naringenin: 2.95mg, Naringenin: 2.95mg, Naringenin: 2.95mg, Naringenin: 2.95mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

### Nutrients (% of daily need)

Calories: 183.42kcal (9.17%), Fat: 0.68g (1.05%), Saturated Fat: 0.07g (0.43%), Carbohydrates: 44.14g (14.71%), Net Carbohydrates: 41.48g (15.08%), Sugar: 35.08g (38.98%), Cholesterol: 0mg (0%), Sodium: 155.39mg (6.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.7g (3.4%), Vitamin C: 128.68mg (155.97%), Manganese: 0.46mg (22.85%), Folate: 64.42µg (16.1%), Potassium: 426.32mg (12.18%), Fiber: 2.66g (10.64%), Vitamin B1: 0.14mg (9.25%), Magnesium: 28.38mg (7.1%), Copper: 0.11mg (5.7%), Vitamin A: 261.61IU (5.23%), Vitamin B6: 0.1mg (5.14%), Phosphorus: 48.78mg (4.88%), Vitamin B3: 0.93mg (4.67%), Iron: 0.73mg (4.07%), Vitamin B2: 0.07mg (3.84%), Vitamin B5: 0.38mg (3.77%), Calcium: 32.99mg (3.3%), Vitamin E: 0.38mg (2.52%), Vitamin K: 2.62µg (2.49%), Zinc: 0.23mg (1.5%), Selenium: 0.79µg (1.13%)