



Strawberry-Orange Smoothies

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



3

CALORIES



195 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 2 cups vanilla yogurt plain yoplait®
- ☐ 10 oz strawberries frozen organic cascadian farm®
- ☐ 2 tablespoons orange juice
- ☐ 1 tablespoon honey

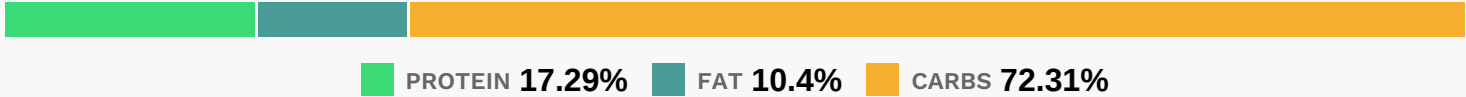
Equipment

- ☐ blender

Directions

- ☐ In blender, place ingredients. Cover; blend on medium speed until smooth.
- ☐ Add more honey to taste if desired.
- ☐ Pour into 3 glasses.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:48.09, Glycemic Load:5.76, Inflammation Score:-5, Nutrition Score:12.59434783977%

Flavonoids

Cyanidin: 1.59mg, Cyanidin: 1.59mg, Cyanidin: 1.59mg, Cyanidin: 1.59mg Petunidin: 0.1mg, Petunidin: 0.1mg, Petunidin: 0.1mg, Petunidin: 0.1mg Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 23.48mg, Pelargonidin: 23.48mg, Pelargonidin: 23.48mg, Pelargonidin: 23.48mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 2.94mg, Catechin: 2.94mg, Catechin: 2.94mg, Catechin: 2.94mg Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.49mg, Naringenin: 0.49mg, Naringenin: 0.49mg, Naringenin: 0.49mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 195.45kcal (9.77%), Fat: 2.35g (3.61%), Saturated Fat: 1.33g (8.33%), Carbohydrates: 36.74g (12.25%), Net Carbohydrates: 34.82g (12.66%), Sugar: 33.86g (37.62%), Cholesterol: 8.17mg (2.72%), Sodium: 109.14mg (4.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.79g (17.57%), Vitamin C: 62.57mg (75.85%), Calcium: 296.09mg (29.61%), Phosphorus: 245.39mg (24.54%), Vitamin B2: 0.36mg (20.89%), Manganese: 0.38mg (18.92%), Potassium: 528.59mg (15.1%), Vitamin B12: 0.87µg (14.43%), Selenium: 8.45µg (12.07%), Folate: 44.19µg (11.05%), Vitamin B5: 1.05mg (10.46%), Zinc: 1.51mg (10.06%), Magnesium: 39.8mg (9.95%), Fiber: 1.93g (7.71%), Vitamin B1:

0.1mg (6.77%), Vitamin B6: 0.12mg (6.21%), Copper: 0.07mg (3.7%), Iron: 0.55mg (3.08%), Vitamin B3: 0.59mg (2.97%), Vitamin K: 2.25µg (2.15%), Vitamin A: 104.24IU (2.08%), Vitamin E: 0.31mg (2.07%)