



Strawberry Raspberry Smoothie

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



1

CALORIES



308 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 1 tablespoon honey
- 0.5 cup lowfat milk
- 0.5 cup raspberries frozen
- 1 cup strawberries fresh hulled
- 1 teaspoon vanilla extract
- 0.5 cup vanilla yogurt

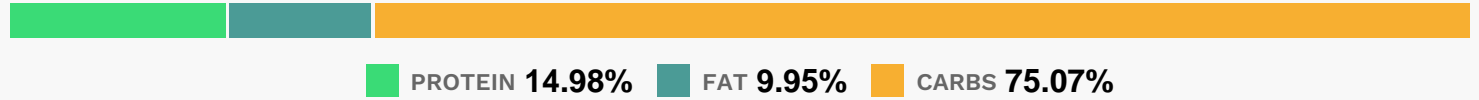
Equipment

- blender

Directions

Blend strawberries, raspberries, milk, yogurt, honey, and vanilla extract in a blender until smooth.

Nutrition Facts



Properties

Glycemic Index:118.27, Glycemic Load:13.14, Inflammation Score:-7, Nutrition Score:20.480000102002%

Flavonoids

Cyanidin: 29.88mg, Cyanidin: 29.88mg, Cyanidin: 29.88mg, Cyanidin: 29.88mg Petunidin: 0.34mg, Petunidin: 0.34mg, Petunidin: 0.34mg, Petunidin: 0.34mg Delphinidin: 1.24mg, Delphinidin: 1.24mg, Delphinidin: 1.24mg, Delphinidin: 1.24mg Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg Pelargonidin: 36.37mg, Pelargonidin: 36.37mg, Pelargonidin: 36.37mg, Pelargonidin: 36.37mg Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg Catechin: 5.26mg, Catechin: 5.26mg, Catechin: 5.26mg, Catechin: 5.26mg Epigallocatechin: 1.4mg, Epigallocatechin: 1.4mg, Epigallocatechin: 1.4mg, Epigallocatechin: 1.4mg Epicatechin: 2.72mg, Epicatechin: 2.72mg, Epicatechin: 2.72mg, Epicatechin: 2.72mg Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg Epigallocatechin 3-gallate: 0.48mg, Epigallocatechin 3-gallate: 0.48mg, Epigallocatechin 3-gallate: 0.48mg, Epigallocatechin 3-gallate: 0.48mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 307.51kcal (15.38%), Fat: 3.48g (5.35%), Saturated Fat: 1.69g (10.57%), Carbohydrates: 59.04g (19.68%), Net Carbohydrates: 52.22g (18.99%), Sugar: 50.2g (55.78%), Cholesterol: 12.02mg (4.01%), Sodium: 130.11mg (5.66%), Alcohol: 1.38g (100%), Alcohol %: 0.37% (100%), Protein: 11.78g (23.56%), Vitamin C: 101.48mg (123%), Manganese: 0.99mg (49.61%), Calcium: 397.89mg (39.79%), Phosphorus: 339.95mg (34%), Vitamin B2: 0.48mg (28.1%), Fiber: 6.82g (27.29%), Vitamin B12: 1.37µg (22.82%), Potassium: 783.66mg (22.39%), Magnesium: 66.58mg (16.65%), Folate: 63.42µg (15.85%), Vitamin B5: 1.5mg (14.95%), Zinc: 2.03mg (13.52%), Selenium: 9.34µg (13.35%), Vitamin B6: 0.23mg (11.63%), Vitamin B1: 0.17mg (11.53%), Vitamin D: 1.3µg (8.65%), Vitamin K: 8.09µg (7.7%), Copper: 0.15mg (7.53%), Vitamin E: 0.99mg (6.58%), Iron: 1.18mg (6.57%), Vitamin A: 321.04IU (6.42%), Vitamin B3: 1.22mg (6.11%)