



Strawberry Sensation Smoothie

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



1

CALORIES



202 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 0.5 cup apple juice
- 1 teaspoon ground almonds finely
- 0.5 cranberry-orange relish peeled
- 0.8 cup strawberries frozen
- 0.3 cup vanilla yogurt

Equipment

- blender

Directions

Blend the strawberries, orange pieces, apple juice, vanilla yogurt, and almonds together in a blender until smooth.

Nutrition Facts



Properties

Glycemic Index:123.25, Glycemic Load:10.68, Inflammation Score:-6, Nutrition Score:12.386086982229%

Flavonoids

Cyanidin: 1.84mg, Cyanidin: 1.84mg, Cyanidin: 1.84mg, Cyanidin: 1.84mg Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 26.84mg, Pelargonidin: 26.84mg, Pelargonidin: 26.84mg, Pelargonidin: 26.84mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 4.91mg, Catechin: 4.91mg, Catechin: 4.91mg, Catechin: 4.91mg Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg Epicatechin: 6.29mg, Epicatechin: 6.29mg, Epicatechin: 6.29mg, Epicatechin: 6.29mg Epicatechin 3-gallate: 0.16mg, Epicatechin 3-gallate: 0.16mg, Epicatechin 3-gallate: 0.16mg, Epicatechin 3-gallate: 0.16mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Hesperetin: 17.85mg, Hesperetin: 17.85mg, Hesperetin: 17.85mg, Hesperetin: 17.85mg Naringenin: 10.32mg, Naringenin: 10.32mg, Naringenin: 10.32mg, Naringenin: 10.32mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg Gallic acid: 0.03mg, Gallic acid: 0.03mg, Gallic acid: 0.03mg, Gallic acid: 0.03mg

Nutrients (% of daily need)

Calories: 202.3kcal (10.11%), Fat: 3.77g (5.8%), Saturated Fat: 0.72g (4.5%), Carbohydrates: 39.53g (13.18%), Net Carbohydrates: 35.03g (12.74%), Sugar: 31.96g (35.51%), Cholesterol: 3.06mg (1.02%), Sodium: 46.47mg (2.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.53g (11.06%), Vitamin C: 99.96mg (121.16%), Manganese: 0.53mg (26.37%), Fiber: 4.5g (18.01%), Calcium: 168.49mg (16.85%), Potassium: 543.17mg (15.52%), Folate: 52.31µg (13.08%), Phosphorus: 126.46mg (12.65%), Vitamin B2: 0.19mg (11.42%), Magnesium: 36.59mg (9.15%), Vitamin B1: 0.13mg (8.98%), Vitamin B6: 0.14mg (7%), Vitamin B5: 0.7mg (6.98%), Selenium: 3.88µg (5.55%), Vitamin B12: 0.32µg (5.41%), Copper: 0.1mg (5.21%), Iron: 0.89mg (4.92%), Zinc: 0.73mg (4.87%), Vitamin B3: 0.76mg (3.79%), Vitamin A: 187.91IU (3.76%), Vitamin E: 0.46mg (3.04%), Vitamin K: 2.44µg (2.32%)