



Strawberry Smoothie



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



1

CALORIES



188 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 1 chunks strawberries
- ☐ 6 oz mangos yoplait®
- ☐ 0.5 cup pineapple juice
- ☐ 0.5 cup strawberries fresh sliced

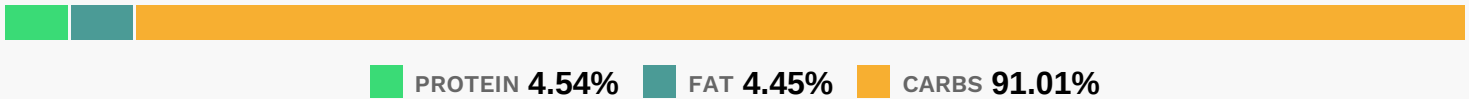
Equipment

- ☐ blender

Directions

- ☐ In blender, place yogurt, strawberries and juice. Cover; blend on medium speed about 2 minutes or until smooth.
- ☐ Pour into serving glass.
- ☐ Garnish with pineapple.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:177.75, Glycemic Load:20.33, Inflammation Score:-9, Nutrition Score:15.61043472912%

Flavonoids

Cyanidin: 1.4mg, Cyanidin: 1.4mg, Cyanidin: 1.4mg, Cyanidin: 1.4mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 18.17mg, Pelargonidin: 18.17mg, Pelargonidin: 18.17mg, Pelargonidin: 18.17mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 5.2mg, Catechin: 5.2mg, Catechin: 5.2mg, Catechin: 5.2mg Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 187.96kcal (9.4%), Fat: 1.01g (1.55%), Saturated Fat: 0.18g (1.11%), Carbohydrates: 46.31g (15.44%), Net Carbohydrates: 41.89g (15.23%), Sugar: 38.65g (42.94%), Cholesterol: 0mg (0%), Sodium: 4.79mg (0.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.31g (4.62%), Vitamin C: 116.64mg (141.38%), Manganese: 0.98mg (49.18%), Vitamin A: 1855.11IU (37.1%), Folate: 111.9µg (27.98%), Vitamin B6: 0.35mg (17.74%), Fiber: 4.42g (17.67%), Potassium: 550.85mg (15.74%), Copper: 0.31mg (15.26%), Vitamin E: 1.77mg (11.77%), Magnesium: 40.66mg (10.16%), Vitamin B1: 0.13mg (8.91%), Vitamin K: 9.1µg (8.67%), Vitamin B3: 1.65mg (8.27%), Vitamin B2: 0.11mg

(6.2%), Iron: 0.94mg (5.21%), Phosphorus: 50.77mg (5.08%), Vitamin B5: 0.49mg (4.92%), Calcium: 45.73mg (4.57%), Zinc: 0.39mg (2.57%), Selenium: 1.43µg (2.04%)