



Strawberry Smoothie



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



1

CALORIES



259 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 0.5 cup pineapple juice
- ☐ 0.5 cup strawberries fresh sliced
- ☐ 6 oz strawberry yogurt fat free 99% yoplait®

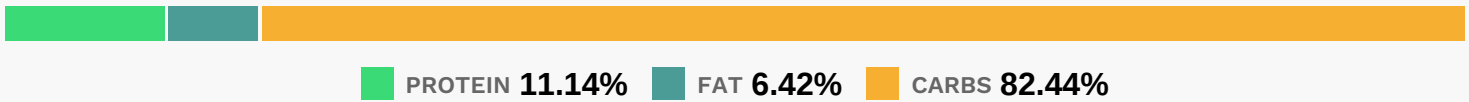
Equipment

- ☐ 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:86, Glycemic Load:8.51, Inflammation Score:-4, Nutrition Score:11.163913128169%

Flavonoids

Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg 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 Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 259.08kcal (12.95%), Fat: 1.89g (2.91%), Saturated Fat: 0.87g (5.44%), Carbohydrates: 54.57g (18.19%), Net Carbohydrates: 52.38g (19.05%), Sugar: 44.55g (49.5%), Cholesterol: 15.31mg (5.1%), Sodium: 96.63mg (4.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.37g (14.74%), Vitamin C: 54.14mg (65.62%), Manganese: 0.87mg (43.63%), Calcium: 210.56mg (21.06%), Vitamin B2: 0.35mg (20.4%), Potassium: 564.63mg (16.13%), Phosphorus: 159.4mg (15.94%), Vitamin B12: 0.88µg (14.74%), Folate: 38.52µg (9.63%), Fiber: 2.19g (8.75%), Vitamin B6: 0.15mg (7.59%), Magnesium: 23.52mg (5.88%), Copper: 0.12mg (5.8%), Vitamin B1: 0.09mg (5.71%), Iron: 0.88mg (4.9%), Vitamin B3: 0.51mg (2.56%), Vitamin K: 1.94µg (1.85%), Vitamin B5: 0.16mg (1.56%), Vitamin E: 0.23mg (1.55%), Zinc: 0.23mg (1.54%), Vitamin A: 67.27IU (1.35%)