



Strawberry Smoothie with Yogurt

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



5

CALORIES



77 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 0.3 oz pkt. crystal berry flavor drink mix mixed light pure
- 1.5 cups milk fat-free
- 1 cup vanilla yogurt low-fat
- 1 cup strawberries frozen

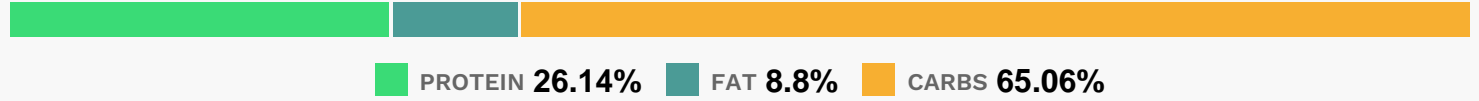
Equipment

- blender

Directions

Blend all ingredients in blender until smooth.

Nutrition Facts



Properties

Glycemic Index:14.65, Glycemic Load:1.85, Inflammation Score:-3, Nutrition Score:6.1686955897704%

Flavonoids

Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg Petunidin: 0.35mg, Petunidin: 0.35mg, Petunidin: 0.35mg, Petunidin: 0.35mg Delphinidin: 0.47mg, Delphinidin: 0.47mg, Delphinidin: 0.47mg, Delphinidin: 0.47mg Malvidin: 0.88mg, Malvidin: 0.88mg, Malvidin: 0.88mg, Malvidin: 0.88mg Pelargonidin: 7.16mg, Pelargonidin: 7.16mg, Pelargonidin: 7.16mg, Pelargonidin: 7.16mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 76.75kcal (3.84%), Fat: 0.77g (1.18%), Saturated Fat: 0.44g (2.73%), Carbohydrates: 12.78g (4.26%), Net Carbohydrates: 12.16g (4.42%), Sugar: 12.03g (13.37%), Cholesterol: 4.66mg (1.55%), Sodium: 62.78mg (2.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.14g (10.27%), Vitamin C: 17.37mg (21.05%), Calcium: 185.56mg (18.56%), Phosphorus: 151.9mg (15.19%), Vitamin B2: 0.2mg (11.87%), Vitamin B12: 0.69µg (11.43%), Potassium: 275.07mg (7.86%), Manganese: 0.12mg (5.9%), Vitamin B5: 0.57mg (5.71%), Selenium: 3.99µg (5.7%), Vitamin D: 0.81µg (5.39%), Zinc: 0.78mg (5.19%), Magnesium: 20.49mg (5.12%), Vitamin B1: 0.07mg (4.61%), Vitamin B6: 0.08mg (3.96%), Vitamin A: 175.27IU (3.51%), Folate: 13.9µg (3.47%), Fiber: 0.62g (2.49%), Vitamin B3: 0.26mg (1.3%), Copper: 0.02mg (1.11%)