



Strawberry Smoothies



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



8

CALORIES



150 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 4 cups milk
- ☐ 10 oz strawberries frozen thawed
- ☐ 2 cups strawberry yogurt
- ☐ 0.5 cup strawberries

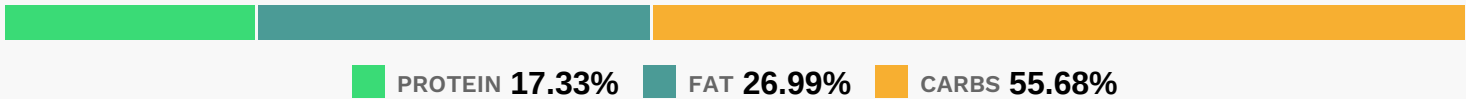
Equipment

- ☐ blender

Directions

- ☐ In blender container, combine 2 cups of the milk and the strawberries; blend until smooth and thick.
- ☐ Add yogurt and syrup; blend at low speed until mixed.
- ☐ Pour into pitcher or container. Stir in remaining 2 cups milk; mix well.
- ☐ Garnish with fresh strawberries, if desired.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:3.17, Inflammation Score:-3, Nutrition Score:7.7852173939995%

Flavonoids

Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg Pelargonidin: 11.04mg, Pelargonidin: 11.04mg, Pelargonidin: 11.04mg, Pelargonidin: 11.04mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.38mg, Catechin: 1.38mg, Catechin: 1.38mg, Catechin: 1.38mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 149.89kcal (7.49%), Fat: 4.59g (7.06%), Saturated Fat: 2.58g (16.14%), Carbohydrates: 21.3g (7.1%), Net Carbohydrates: 20.23g (7.36%), Sugar: 18.58g (20.64%), Cholesterol: 20.15mg (6.72%), Sodium: 80.49mg (3.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.63g (13.25%), Vitamin C: 26.13mg (31.67%), Calcium: 223.32mg (22.33%), Phosphorus: 181.66mg (18.17%), Vitamin B2: 0.29mg (16.96%), Vitamin B12: 0.98µg (16.29%), Potassium: 359.4mg (10.27%), Vitamin D: 1.34µg (8.95%), Manganese: 0.18mg (8.82%), Vitamin B1: 0.08mg (5.27%), Vitamin B5: 0.51mg (5.11%), Magnesium: 20.42mg (5.1%), Vitamin B6: 0.1mg (4.77%), Vitamin A: 221.96IU (4.44%), Fiber: 1.07g (4.29%), Zinc: 0.56mg (3.75%), Selenium: 2.5µg (3.57%), Folate: 10.66µg (2.67%), Vitamin B3: 0.3mg (1.5%), Iron: 0.26mg (1.45%), Vitamin K: 1.34µg (1.28%), Vitamin E: 0.19mg (1.27%), Copper: 0.02mg (1.13%)