



Strawberry-Swirl Cheesecake Smoothie

 Vegetarian

READY IN



10 min.

SERVINGS



5

CALORIES



343 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 6 oz philadelphia cream cheese cubed softened ()
- 8 graham crackers divided
- 1.8 cups milk
- 2.5 cups strawberries whole frozen thawed
- 0.3 cup sugar divided
- 1.5 tsp vanilla

Equipment

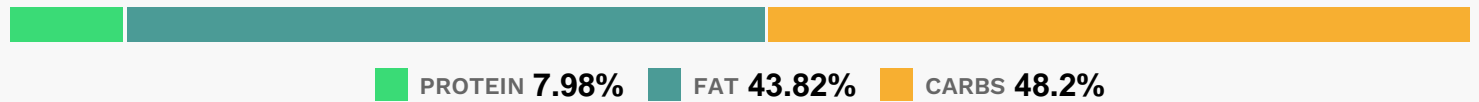
- blender

measuring cup

Directions

- Blend milk, vanilla, cream cheese, 7 crackers and 3 Tbsp. sugar in blender until smooth.
- Pour 2 cups cream cheese mixture into liquid measuring cup. Reserve for later use.
- Add strawberries and remaining sugar to remaining cream cheese mixture in blender; blend until smooth.
- Pour into 5 glasses.
- Pour reserved cream cheese mixture gently over strawberry mixture in glasses. Crumble remaining cracker; sprinkle over smoothies.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:49.82, Glycemic Load:25.03, Inflammation Score:-6, Nutrition Score:10.240434864293%

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: 343.29kcal (17.16%), Fat: 16.93g (26.05%), Saturated Fat: 8.82g (55.13%), Carbohydrates: 41.9g (13.97%), Net Carbohydrates: 39.7g (14.44%), Sugar: 27.53g (30.58%), Cholesterol: 44.61mg (14.87%), Sodium: 287.86mg

(12.52%), Alcohol: 0.43g (100%), Alcohol %: 0.24% (100%), Protein: 6.94g (13.88%), Vitamin C: 42.34mg (51.32%), Phosphorus: 185.26mg (18.53%), Calcium: 167.53mg (16.75%), Vitamin B2: 0.27mg (15.85%), Manganese: 0.29mg (14.43%), Vitamin A: 603.87IU (12.08%), Potassium: 324.95mg (9.28%), Magnesium: 36.04mg (9.01%), Vitamin B12: 0.54µg (8.93%), Fiber: 2.2g (8.81%), Vitamin B1: 0.12mg (8.28%), Folate: 30.65µg (7.66%), Zinc: 1.06mg (7.06%), Iron: 1.27mg (7.03%), Selenium: 4.92µg (7.02%), Vitamin B6: 0.13mg (6.39%), Vitamin D: 0.94µg (6.26%), Vitamin B3: 1.25mg (6.25%), Vitamin B5: 0.6mg (6.03%), Vitamin E: 0.54mg (3.63%), Copper: 0.05mg (2.5%), Vitamin K: 2.55µg (2.43%)