



Super Spinach Smoothie

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



2

CALORIES



375 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 1 cup skim milk fat-free (skim)
- 7.6 oz triple sec frozen yoplait®
- 0.5 cup pkt spinach fresh

Equipment

- blender

Directions

- In blender container, place milk, contents of Yoplait® Frozen Smoothie bag and spinach. Cover; blend on high speed 1 minute to 1 minute 30 seconds, stopping blender to scrape down sides as necessary, until smooth.
- Pour into glasses.

Nutrition Facts

PROTEIN 9.73%

FAT 2.18%

CARBS 88.09%

Properties

Glycemic Index:32.63, Glycemic Load:2.03, Inflammation Score:-7, Nutrition Score:7.4608695481134%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 375.18kcal (18.76%), Fat: 0.45g (0.69%), Saturated Fat: 0.18g (1.12%), Carbohydrates: 40.95g (13.65%), Net Carbohydrates: 40.79g (14.83%), Sugar: 40.91g (45.45%), Cholesterol: 3.67mg (1.23%), Sodium: 64.77mg (2.82%), Alcohol: 28.01g (100%), Alcohol %: 14.93% (100%), Caffeine: 28.01mg (9.34%), Protein: 4.52g (9.05%), Vitamin K: 36.22µg (34.5%), Vitamin A: 953.17IU (19.06%), Calcium: 170.2mg (17.02%), Phosphorus: 141.21mg (14.12%), Vitamin B12: 0.71µg (11.84%), Vitamin B2: 0.19mg (11.03%), Vitamin D: 1.35µg (8.98%), Potassium: 278.74mg (7.96%), Magnesium: 23.86mg (5.96%), Vitamin B1: 0.08mg (5.25%), Manganese: 0.09mg (4.46%), Vitamin B5: 0.44mg (4.42%), Vitamin B6: 0.09mg (4.28%), Folate: 17µg (4.25%), Zinc: 0.62mg (4.16%), Selenium: 2.85µg (4.07%), Copper: 0.06mg (2.76%), Vitamin C: 2.11mg (2.55%), Vitamin B3: 0.35mg (1.77%), Iron: 0.27mg (1.49%), Vitamin E: 0.15mg (1.01%)