



Super Spinach Smoothie

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



2

CALORIES



98 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

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

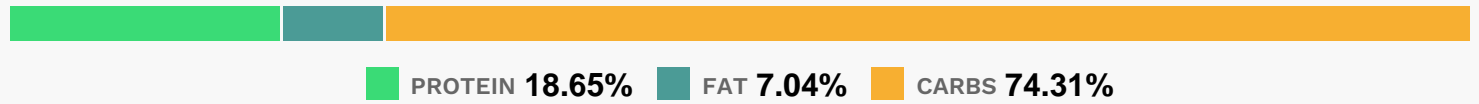
Equipment

- 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



Properties

Glycemic Index:32.63, Glycemic Load:2.03, Inflammation Score:-7, Nutrition Score:9.9878261503966%

Flavonoids

Cyanidin: 4.7mg, Cyanidin: 4.7mg, Cyanidin: 4.7mg, Cyanidin: 4.7mg Petunidin: 19.56mg, Petunidin: 19.56mg, Petunidin: 19.56mg, Petunidin: 19.56mg Delphinidin: 23.26mg, Delphinidin: 23.26mg, Delphinidin: 23.26mg, Delphinidin: 23.26mg Malvidin: 53.49mg, Malvidin: 53.49mg, Malvidin: 53.49mg, Malvidin: 53.49mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.51mg, Peonidin: 0.51mg, Peonidin: 0.51mg, Peonidin: 0.51mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.99mg, Luteolin: 1.99mg, Luteolin: 1.99mg, Luteolin: 1.99mg Kaempferol: 1.66mg, Kaempferol: 1.66mg, Kaempferol: 1.66mg, Kaempferol: 1.66mg Myricetin: 1.92mg, Myricetin: 1.92mg, Myricetin: 1.92mg, Myricetin: 1.92mg Quercetin: 5.3mg, Quercetin: 5.3mg, Quercetin: 5.3mg, Quercetin: 5.3mg

Nutrients (% of daily need)

Calories: 98.32kcal (4.92%), Fat: 0.82g (1.26%), Saturated Fat: 0.12g (0.76%), Carbohydrates: 19.41g (6.47%), Net Carbohydrates: 16.33g (5.94%), Sugar: 15.32g (17.02%), Cholesterol: 3.67mg (1.23%), Sodium: 57.23mg (2.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.87g (9.74%), Vitamin K: 53.89µg (51.33%), Vitamin A: 1002.73IU (20.05%), Calcium: 177.74mg (17.77%), Phosphorus: 146.6mg (14.66%), Vitamin B2: 0.21mg (12.62%), Fiber: 3.07g (12.29%), Vitamin B12: 0.71µg (11.84%), Manganese: 0.23mg (11.47%), Vitamin D: 1.35µg (8.98%), Potassium: 304.6mg (8.7%), Vitamin B6: 0.15mg (7.46%), Vitamin B1: 0.11mg (7.26%), Magnesium: 26.01mg (6.5%), Folate: 24.54µg (6.14%), Vitamin C: 4.8mg (5.82%), Vitamin B5: 0.58mg (5.77%), Vitamin E: 0.67mg (4.46%), Zinc: 0.67mg (4.44%), Vitamin B3: 0.76mg (3.8%), Selenium: 2.63µg (3.76%), Copper: 0.05mg (2.39%), Iron: 0.4mg (2.21%)