



## Super Strawberry Smoothies

 Vegetarian  Gluten Free  Very Healthy

READY IN



8 min.

SERVINGS



2

CALORIES



284 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

### Ingredients

- 12 oz broccoli frozen
- 6 oz vanilla yogurt french yoplait®
- 1 avocado half pitted peeled
- 0.8 cup pomegranate juice
- 1 cup strawberries frozen organic

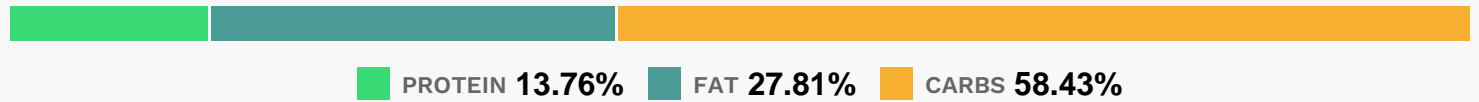
### Equipment

- blender

## Directions

- Cook broccoli as directed on bag. Rinse with cold water until cooled.
- Drain well.
- In blender, place 1/4 cup of the cooked broccoli and remaining ingredients. (Cover and refrigerate remaining broccoli for another use.) Cover; blend on high speed about 30 seconds or until smooth.
- Pour into 2 glasses.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:56, Glycemic Load:4.2, Inflammation Score:-9, Nutrition Score:27.924347960431%

## Flavonoids

Cyanidin: 3.62mg, Cyanidin: 3.62mg, Cyanidin: 3.62mg, Cyanidin: 3.62mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.98mg, Delphinidin: 0.98mg, Delphinidin: 0.98mg, Delphinidin: 0.98mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 17.98mg, Pelargonidin: 17.98mg, Pelargonidin: 17.98mg, Pelargonidin: 17.98mg 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: 0.49mg, Epicatechin: 0.49mg, Epicatechin: 0.49mg, Epicatechin: 0.49mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Luteolin: 1.36mg, Luteolin: 1.36mg, Luteolin: 1.36mg, Luteolin: 1.36mg Kaempferol: 13.7mg, Kaempferol: 13.7mg, Kaempferol: 13.7mg, Kaempferol: 13.7mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 7.38mg, Quercetin: 7.38mg, Quercetin: 7.38mg, Quercetin: 7.38mg Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg

## Nutrients (% of daily need)

Calories: 283.59kcal (14.18%), Fat: 9.53g (14.66%), Saturated Fat: 2.03g (12.67%), Carbohydrates: 45.06g (15.02%), Net Carbohydrates: 35.75g (13%), Sugar: 30.24g (33.6%), Cholesterol: 4.25mg (1.42%), Sodium: 124.89mg (5.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.61g (21.22%), Vitamin C: 199.84mg (242.23%), Vitamin K:

195.38µg (186.08%), Folate: 196.71µg (49.18%), Manganese: 0.8mg (39.91%), Fiber: 9.31g (37.22%), Potassium: 1276.25mg (36.46%), Phosphorus: 280.63mg (28.06%), Vitamin B2: 0.46mg (27.34%), Vitamin B6: 0.54mg (26.78%), Calcium: 253.17mg (25.32%), Vitamin B5: 2.49mg (24.95%), Vitamin A: 1177.92IU (23.56%), Magnesium: 79.72mg (19.93%), Vitamin E: 2.94mg (19.62%), Vitamin B1: 0.22mg (14.75%), Selenium: 9.19µg (13.13%), Zinc: 1.91mg (12.72%), Vitamin B3: 2.54mg (12.72%), Copper: 0.24mg (12.18%), Iron: 1.96mg (10.92%), Vitamin B12: 0.45µg (7.51%)