

Sweet Fruit Smoothies

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



6

CALORIES



300 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 1 medium banana ripe sliced
- 8 ounces pineapple crushed undrained canned
- 1 cup ice crushed
- 2 tablespoons juice of lemon
- 1 cup strawberries fresh halved
- 8 ounces strawberry yogurt
- 14 ounces condensed milk sweetened canned

Equipment

food processor

blender

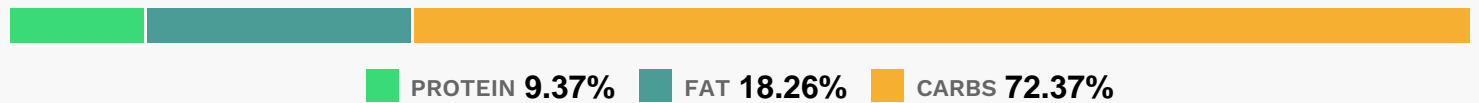
Directions

In batches, process the milk, yogurt, lemon juice and fruit in a blender or food processor until smooth.

Add ice; cover and process until smooth.

Pour into chilled glasses; serve immediately.

Nutrition Facts



Properties

Glycemic Index:25.96, Glycemic Load:24.67, Inflammation Score:-4, Nutrition Score:8.7234783172607%

Flavonoids

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Nutrients (% of daily need)

Calories: 299.86kcal (14.99%), Fat: 6.29g (9.67%), Saturated Fat: 3.85g (24.07%), Carbohydrates: 56.06g (18.69%), Net Carbohydrates: 54.45g (19.8%), Sugar: 51.58g (57.31%), Cholesterol: 25.89mg (8.63%), Sodium: 107.64mg (4.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.25g (14.51%), Vitamin C: 23.03mg (27.92%), Calcium: 241.04mg (24.1%), Vitamin B2: 0.37mg (21.86%), Phosphorus: 209.97mg (21%), Selenium: 10.24µg (14.63%), Potassium: 471.47mg (13.47%), Vitamin B12: 0.49µg (8.13%), Magnesium: 31.99mg (8%), Manganese: 0.15mg (7.52%),

Vitamin B1: 0.11mg (7.41%), Vitamin B6: 0.15mg (7.39%), Fiber: 1.61g (6.44%), Vitamin B5: 0.6mg (5.98%), Folate: 19.86µg (4.96%), Zinc: 0.73mg (4.86%), Vitamin A: 223IU (4.46%), Copper: 0.08mg (4.22%), Iron: 0.43mg (2.41%), Vitamin B3: 0.47mg (2.37%), Vitamin E: 0.21mg (1.4%), Vitamin K: 1.29µg (1.23%)