

## Sweet Potato Pie Smoothies

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



2

CALORIES



209 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

### Ingredients

- 1.3 cups milk
- 0.3 cup sweet potatoes and into cold cooked
- 0.7 cup vanilla yogurt fat free 99% yoplait® (from 2-lb container)
- 1 tablespoon honey
- 0.3 teaspoon ground cinnamon
- 0.3 teaspoon vanilla

### Equipment

- food processor

blender

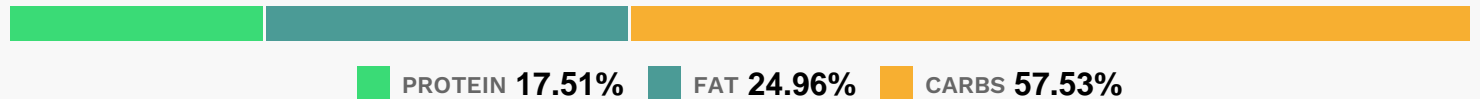
## Directions

Place ingredients in blender or food processor. Cover; blend on high speed about 1 minute or until smooth.

Pour into 2 glasses.

Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:76.64, Glycemic Load:8.87, Inflammation Score:-9, Nutrition Score:11.226956665516%

## Nutrients (% of daily need)

Calories: 209.19kcal (10.46%), Fat: 5.91g (9.1%), Saturated Fat: 3.5g (21.87%), Carbohydrates: 30.65g (10.22%), Net Carbohydrates: 30g (10.91%), Sugar: 27.99g (31.1%), Cholesterol: 22.38mg (7.46%), Sodium: 121.48mg (5.28%), Alcohol: 0.17g (100%), Alcohol %: 0.08% (100%), Protein: 9.33g (18.66%), Vitamin A: 2641.49IU (52.83%), Calcium: 335.4mg (33.54%), Phosphorus: 272.7mg (27.27%), Vitamin B2: 0.39mg (22.9%), Vitamin B12: 1.26µg (20.94%), Potassium: 470.9mg (13.45%), Vitamin B5: 1.16mg (11.61%), Vitamin D: 1.68µg (11.18%), Selenium: 7.09µg (10.13%), Zinc: 1.38mg (9.21%), Magnesium: 35.94mg (8.99%), Vitamin B1: 0.13mg (8.85%), Vitamin B6: 0.17mg (8.38%), Manganese: 0.11mg (5.27%), Folate: 11.04µg (2.76%), Fiber: 0.65g (2.61%), Copper: 0.04mg (2.11%), Vitamin B3: 0.36mg (1.79%), Vitamin C: 1.11mg (1.35%), Iron: 0.22mg (1.24%)