

Teaberry Smash

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



2

CALORIES



173 kcal

Ingredients

- 1 cup tea green cold brewed
- 0.3 cup whey powder
- 1 teaspoon honey
- 7.6 oz pomegranate frozen yoplait®

Equipment

- blender

Directions

In blender, place tea, protein powder, honey and contents of Yoplait® Frozen Smoothie bag. 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 35.37%**  **FAT 11.65%**  **CARBS 52.98%**

Properties

Glycemic Index:71.64, Glycemic Load:12.55, Inflammation Score:-8, Nutrition Score:6.8269564742627%

Flavonoids

Catechin: 2.21mg, Catechin: 2.21mg, Catechin: 2.21mg, Catechin: 2.21mg Epigallocatechin: 9.67mg, Epigallocatechin: 9.67mg, Epigallocatechin: 9.67mg, Epigallocatechin: 9.67mg Epicatechin: 2.6mg, Epicatechin: 2.6mg, Epicatechin: 2.6mg, Epicatechin: 2.6mg Epicatechin 3-gallate: 6.91mg, Epicatechin 3-gallate: 6.91mg, Epicatechin 3-gallate: 6.91mg, Epicatechin 3-gallate: 6.91mg Epigallocatechin 3-gallate: 11.04mg, Epigallocatechin 3-gallate: 11.04mg, Epigallocatechin 3-gallate: 11.04mg, Epigallocatechin 3-gallate: 11.04mg Theaflavin: 1.86mg, Theaflavin: 1.86mg, Theaflavin: 1.86mg, Theaflavin: 1.86mg Thearubigins: 95.93mg, Thearubigins: 95.93mg, Thearubigins: 95.93mg, Thearubigins: 95.93mg Kaempferol: 1.66mg, Kaempferol: 1.66mg, Kaempferol: 1.66mg, Kaempferol: 1.66mg Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg Theaflavin-3,3'-digallate: 2.07mg, Theaflavin-3,3'-digallate: 2.07mg, Theaflavin-3,3'-digallate: 2.07mg, Theaflavin-3,3'-digallate: 2.07mg Theaflavin-3'-gallate: 1.78mg, Theaflavin-3'-gallate: 1.78mg, Theaflavin-3'-gallate: 1.78mg, Theaflavin-3'-gallate: 1.78mg Gallocatechin: 1.66mg, Gallocatechin: 1.66mg, Gallocatechin: 1.66mg, Gallocatechin: 1.66mg

Nutrients (% of daily need)

Calories: 173.23kcal (8.66%), Fat: 2.46g (3.79%), Saturated Fat: 0.43g (2.7%), Carbohydrates: 25.18g (8.39%), Net Carbohydrates: 20.87g (7.59%), Sugar: 18.83g (20.93%), Cholesterol: 30mg (10%), Sodium: 33.91mg (1.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 23.6mg (7.87%), Protein: 16.81g (33.62%), Manganese: 0.39mg (19.47%), Fiber: 4.32g (17.26%), Vitamin K: 17.67µg (16.83%), Vitamin C: 11.01mg (13.34%), Folate: 46.91µg (11.73%), Potassium: 353.72mg (10.11%), Phosphorus: 91.7mg (9.17%), Copper: 0.18mg (9.16%), Iron: 1.56mg (8.68%), Calcium: 69.78mg (6.98%), Magnesium: 25.54mg (6.38%), Vitamin B1: 0.07mg (4.81%), Vitamin B2: 0.07mg (4.41%), Vitamin E: 0.65mg (4.31%), Vitamin B5: 0.42mg (4.21%), Vitamin B6: 0.08mg (4.08%), Zinc: 0.41mg (2.72%), Vitamin B3: 0.32mg (1.6%)