



Three-Fruit Yogurt Shake

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



140 kcal

BEVERAGE

DRINK

Ingredients

- 1 cup blueberries fresh frozen
- 2 cups vanilla yogurt low-fat
- 1 cup peaches fresh frozen
- 8 ounce pineapple chunks unsweetened frozen drained canned

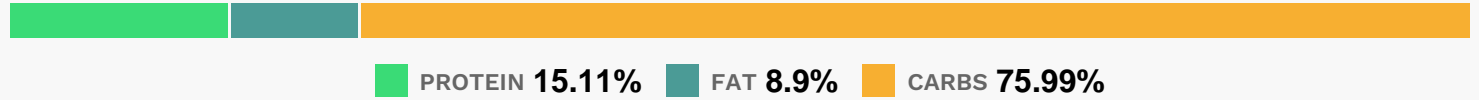
Equipment

- blender

Directions

- Process all ingredients in a blender until smooth, stopping to scrape down sides.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:16.05, Glycemic Load:2.5, Inflammation Score:-4, Nutrition Score:6.7573913594951%

Flavonoids

Cyanidin: 3.1mg, Cyanidin: 3.1mg, Cyanidin: 3.1mg, Cyanidin: 3.1mg Petunidin: 9.33mg, Petunidin: 9.33mg, Petunidin: 9.33mg, Petunidin: 9.33mg Delphinidin: 10.49mg, Delphinidin: 10.49mg, Delphinidin: 10.49mg, Delphinidin: 10.49mg Malvidin: 20.01mg, Malvidin: 20.01mg, Malvidin: 20.01mg, Malvidin: 20.01mg Peonidin: 6.01mg, Peonidin: 6.01mg, Peonidin: 6.01mg, Peonidin: 6.01mg Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg Epicatechin: 0.9mg, Epicatechin: 0.9mg, Epicatechin: 0.9mg, Epicatechin: 0.9mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg Gallic acid: 0.04mg, Gallic acid: 0.04mg, Gallic acid: 0.04mg, Gallic acid: 0.04mg

Nutrients (% of daily need)

Calories: 140.32kcal (7.02%), Fat: 1.46g (2.24%), Saturated Fat: 0.81g (5.05%), Carbohydrates: 27.98g (9.33%), Net Carbohydrates: 26.22g (9.54%), Sugar: 25.52g (28.36%), Cholesterol: 4.9mg (1.63%), Sodium: 69.43mg (3.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.56g (11.12%), Calcium: 177.85mg (17.78%), Phosphorus: 145.8mg (14.58%), Vitamin B2: 0.23mg (13.42%), Vitamin C: 9.18mg (11.13%), Potassium: 331.23mg (9.46%), Vitamin B12: 0.52µg (8.66%), Selenium: 5.66µg (8.09%), Vitamin B1: 0.11mg (7.05%), Fiber: 1.76g (7.05%), Vitamin K: 7.05µg (6.72%), Magnesium: 26.72mg (6.68%), Zinc: 0.98mg (6.51%), Vitamin B5: 0.62mg (6.25%), Manganese: 0.12mg (6.11%), Copper: 0.1mg (5.11%), Vitamin B6: 0.1mg (5.06%), Folate: 16.67µg (4.17%), Vitamin A: 181.21IU (3.62%), Vitamin B3: 0.61mg (3.03%), Vitamin E: 0.42mg (2.81%), Iron: 0.38mg (2.13%)