



Triple Berry Spa Smoothies



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



2

CALORIES



460 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 1 cup skim milk fat-free (skim)
- ☐ 0.8 cup cucumber cubed sliced
- ☐ 0.5 avocado pitted peeled
- ☐ 7.6 oz triple sec yoplait®

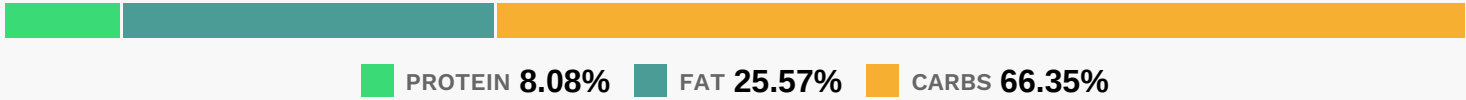
Equipment

- ☐ blender

Directions

- ☐ In blender, place all ingredients. Cover; blend on high speed 1 minute to 1 minute 30 seconds, stopping to scrape sides as necessary, until smooth.
- ☐ Pour into 2 glasses.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:44.13, Glycemic Load:2.47, Inflammation Score:-6, Nutrition Score:9.8104347146076%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

Nutrients (% of daily need)

Calories: 459.84kcal (22.99%), Fat: 7.89g (12.13%), Saturated Fat: 1.25g (7.82%), Carbohydrates: 46.04g (15.35%), Net Carbohydrates: 42.33g (15.39%), Sugar: 41.89g (46.55%), Cholesterol: 3.67mg (1.23%), Sodium: 63.36mg (2.75%), Alcohol: 28.01g (100%), Alcohol %: 10.75% (100%), Caffeine: 28.01mg (9.34%), Protein: 5.61g (11.22%), Calcium: 175.79mg (17.58%), Phosphorus: 174.14mg (17.41%), Potassium: 548.44mg (15.67%), Fiber: 3.72g (14.86%), Vitamin B2: 0.25mg (14.78%), Vitamin K: 14.14µg (13.47%), Vitamin B5: 1.25mg (12.55%), Folate: 50.13µg (12.53%), Vitamin B12: 0.71µg (11.84%), Vitamin B6: 0.23mg (11.28%), Magnesium: 38.49mg (9.62%), Vitamin D: 1.35µg (8.98%), Copper: 0.18mg (8.82%), Vitamin B1: 0.12mg (8.14%), Vitamin C: 6.62mg (8.03%), Vitamin A: 359.17IU (7.18%), Vitamin E: 1.06mg (7.03%), Zinc: 0.99mg (6.6%), Manganese: 0.13mg (6.49%), Vitamin B3: 1.19mg (5.96%), Selenium: 3.02µg (4.32%), Iron: 0.45mg (2.5%)