

Vanilla-Date Breakfast Smoothie



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



2

CALORIES



113 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 2 cups ice cubes
- ☐ 1 cup nonfat milk
- ☐ 1 cup nonfat yogurt
- ☐ 0.5 teaspoon vanilla extract

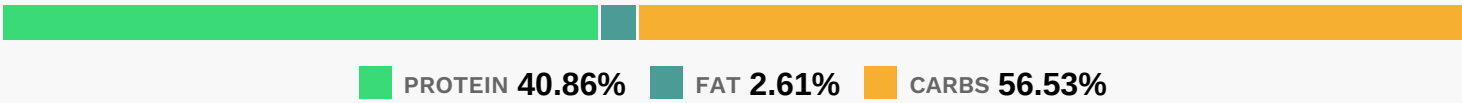
Equipment

- ☐ blender

Directions

- ☐ Purée yogurt, milk, dates, and vanilla in blender until smooth.
- ☐ Add ice cubes; puree until mixture is thick and smooth. Divide between 2 glasses and serve.
- ☐ One serving contains the following: 338.12 Calories (kcal), 0.0 % Calories from Fat (kcal), 0.00 (g) Fat, 0.00 (g) Saturated Fat, 4.00 (mg) Cholesterol, 80.14 (g) Carbohydrates, 6.00 (g) Dietary Fiber, 68.64 (g) Total Sugars, 74.14 (g)
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:16.63, Glycemic Load:1.99, Inflammation Score:-4, Nutrition Score:9.7399999415097%

Nutrients (% of daily need)

Calories: 113.13kcal (5.66%), Fat: 0.32g (0.49%), Saturated Fat: 0.2g (1.26%), Carbohydrates: 15.52g (5.17%), Net Carbohydrates: 15.52g (5.65%), Sugar: 15.72g (17.47%), Cholesterol: 6.13mg (2.04%), Sodium: 156.47mg (6.8%), Alcohol: 0.34g (100%), Alcohol %: 0.09% (100%), Protein: 11.22g (22.44%), Calcium: 412.68mg (41.27%), Phosphorus: 323.46mg (32.35%), Vitamin B2: 0.45mg (26.36%), Vitamin B12: 1.46µg (24.3%), Potassium: 518.43mg (14.81%), Vitamin B5: 1.22mg (12.23%), Zinc: 1.76mg (11.76%), Magnesium: 40.46mg (10.12%), Selenium: 6.86µg (9.8%), Vitamin D: 1.35µg (8.98%), Vitamin B1: 0.13mg (8.5%), Vitamin B6: 0.14mg (6.81%), Vitamin A: 258.48IU (5.17%), Folate: 17.15µg (4.29%), Copper: 0.06mg (2.97%), Vitamin B3: 0.3mg (1.5%), Vitamin C: 1.1mg (1.34%)