



Vegan Strawberry Lemonade Smoothie

 Vegetarian  Vegan  Gluten Free  Popular

READY IN



5 min.

SERVINGS



2

CALORIES



87 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 1 vanilla-flavored soy yogurt plain pitted (if using soy yogurt, use 4 dates)
- 2 ounces juice of lemon fresh
- 4.8 ounces vanilla-flavored soy yogurt plain (see note above)
- 8 ounces strawberries frozen sliced
- 8 ounces water

Equipment

- blender

Directions

Place all ingredients in blender and blend until completely smooth. Divide between two glasses and serve cold.

Nutrition Facts

PROTEIN 11.28% **FAT 15.34%** **CARBS 73.38%**

Properties

Glycemic Index:20, Glycemic Load:2.58, Inflammation Score:-5, Nutrition Score:8.5282608426136%

Flavonoids

Cyanidin: 1.91mg, Cyanidin: 1.91mg, Cyanidin: 1.91mg, Cyanidin: 1.91mg Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 0.35mg, Delphinidin: 0.35mg, Delphinidin: 0.35mg, Delphinidin: 0.35mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 28.18mg, Pelargonidin: 28.18mg, Pelargonidin: 28.18mg, Pelargonidin: 28.18mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 3.53mg, Catechin: 3.53mg, Catechin: 3.53mg, Catechin: 3.53mg Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg Epicatechin: 0.48mg, Epicatechin: 0.48mg, Epicatechin: 0.48mg, Epicatechin: 0.48mg Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Eriodictyol: 1.38mg, Eriodictyol: 1.38mg, Eriodictyol: 1.38mg, Eriodictyol: 1.38mg Hesperetin: 4.1mg, Hesperetin: 4.1mg, Hesperetin: 4.1mg, Hesperetin: 4.1mg Naringenin: 0.69mg, Naringenin: 0.69mg, Naringenin: 0.69mg, Naringenin: 0.69mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 87.29kcal (4.36%), Fat: 1.6g (2.46%), Saturated Fat: 0.18g (1.11%), Carbohydrates: 17.24g (5.75%), Net Carbohydrates: 14.61g (5.31%), Sugar: 9.85g (10.94%), Cholesterol: 0mg (0%), Sodium: 15.91mg (0.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.65g (5.3%), Vitamin C: 86.6mg (104.97%), Manganese: 0.44mg (22.06%), Calcium: 112.78mg (11.28%), Fiber: 2.62g (10.5%), Folate: 32.89µg (8.22%), Vitamin D: 0.88µg (5.88%), Potassium: 202.7mg (5.79%), Magnesium: 17.58mg (4.39%), Copper: 0.08mg (3.86%), Vitamin B6: 0.07mg (3.32%), Phosphorus: 29.48mg (2.95%), Iron: 0.49mg (2.71%), Vitamin E: 0.37mg (2.48%), Vitamin K: 2.49µg (2.38%), Vitamin B3: 0.46mg (2.32%), Vitamin B1: 0.03mg (2.27%), Vitamin B5: 0.18mg (1.79%), Vitamin B2: 0.03mg (1.72%), Zinc: 0.18mg (1.23%)