



## Watermelon Smoothie

 Vegetarian

READY IN



10 min.

SERVINGS



4

CALORIES



147 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

### Ingredients

- 0.3 cup kool-aid strawberry flavor sugar-sweetened drink mix
- 2 cups nonfat yogurt plain greek-style
- 3 cups watermelon chopped

### Equipment

- blender

### Directions

Blend ingredients in blender until smooth.

Serve immediately.

## Nutrition Facts

**PROTEIN 24.38%** **FAT 8.24%** **CARBS 67.38%**

### Properties

Glycemic Index:18.67, Glycemic Load:6.09, Inflammation Score:-6, Nutrition Score:9.3286956652351%

### Flavonoids

Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg

### Nutrients (% of daily need)

Calories: 147.38kcal (7.37%), Fat: 1.38g (2.13%), Saturated Fat: 0.66g (4.1%), Carbohydrates: 25.43g (8.48%), Net Carbohydrates: 24.97g (9.08%), Sugar: 21.44g (23.82%), Cholesterol: 4.95mg (1.65%), Sodium: 137.65mg (5.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.2g (18.41%), Calcium: 282.8mg (28.28%), Phosphorus: 242.16mg (24.22%), Vitamin B2: 0.41mg (23.91%), Potassium: 519.01mg (14.83%), Vitamin B12: 0.83µg (13.84%), Vitamin A: 680.57IU (13.61%), Vitamin C: 10.64mg (12.9%), Magnesium: 44.36mg (11.09%), Vitamin B5: 1.1mg (11.02%), Vitamin B1: 0.15mg (9.93%), Selenium: 6.57µg (9.39%), Zinc: 1.41mg (9.37%), Vitamin B6: 0.16mg (7.95%), Folate: 22.91µg (5.73%), Vitamin B3: 0.9mg (4.51%), Copper: 0.09mg (4.35%), Manganese: 0.07mg (3.71%), Iron: 0.46mg (2.54%), Fiber: 0.47g (1.87%)