



## Wildberry Summertime Sipper

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



4

CALORIES



286 kcal

SIDE DISH

### Ingredients

- 6 Tbsp country time strawberry lemonade drink mix
- 12 oz vanilla yogurt low-fat
- 2 cups raspberry sherbet
- 2 cups strawberries halved

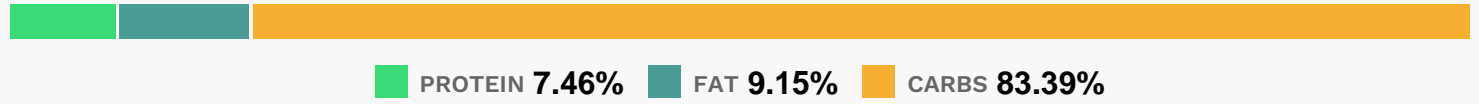
### Equipment

- blender

# Directions

- Place all ingredients in blender container; cover.
- Blend until smooth.
- Serve immediately.

# Nutrition Facts



# Properties

Glycemic Index:22.75, Glycemic Load:12.62, Inflammation Score:-5, Nutrition Score:10.320434756901%

# Flavonoids

Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg

# Nutrients (% of daily need)

Calories: 285.69kcal (14.28%), Fat: 2.99g (4.6%), Saturated Fat: 1.55g (9.72%), Carbohydrates: 61.32g (20.44%), Net Carbohydrates: 58.83g (21.39%), Sugar: 54.23g (60.26%), Cholesterol: 4.99mg (1.66%), Sodium: 102.2mg (4.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.49g (10.98%), Vitamin C: 53.56mg (64.93%), Magnesium: 83.65mg (20.91%), Calcium: 201.35mg (20.13%), Phosphorus: 162.58mg (16.26%), Vitamin B2: 0.26mg (15.21%), Manganese: 0.29mg (14.65%), Potassium: 400.05mg (11.43%), Fiber: 2.49g (9.96%), Vitamin B12: 0.55µg (9.12%), Selenium: 5.7µg (8.14%), Zinc: 1.18mg (7.89%), Folate: 30.93µg (7.73%), Vitamin B5: 0.74mg (7.39%), Vitamin B1: 0.08mg (5.09%), Vitamin B6: 0.09mg (4.74%), Copper: 0.08mg (3.82%), Iron: 0.5mg (2.78%), Vitamin B3: 0.44mg (2.22%), Vitamin E: 0.26mg (1.76%), Vitamin A: 81.25IU (1.62%), Vitamin K: 1.67µg (1.59%)