



Yogurt-Fruit Smoothie



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



153 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 1 banana coarsely chopped
- ☐ 2 cups milk fat-free
- ☐ 8 ounce vanilla yogurt low-fat
- ☐ 0.5 cup pineapple-orange juice concentrate thawed
- ☐ 2 cups strawberries frozen

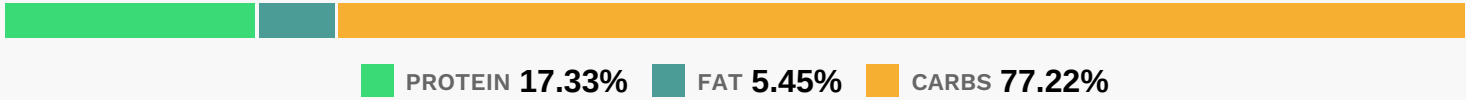
Equipment

- ☐ blender

Directions

- ☐ Process all ingredients in a blender until smooth, stopping to scrape down sides.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:25.61, Glycemic Load:5.51, Inflammation Score:-6, Nutrition Score:13.348260889883%

Flavonoids

Cyanidin: 0.97mg, Cyanidin: 0.97mg, Cyanidin: 0.97mg, Cyanidin: 0.97mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 14.31mg, Pelargonidin: 14.31mg, Pelargonidin: 14.31mg, Pelargonidin: 14.31mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 3.23mg, Catechin: 3.23mg, Catechin: 3.23mg, Catechin: 3.23mg Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 153.34kcal (7.67%), Fat: 0.97g (1.49%), Saturated Fat: 0.47g (2.91%), Carbohydrates: 30.85g (10.28%), Net Carbohydrates: 28.8g (10.47%), Sugar: 25.34g (28.15%), Cholesterol: 5.21mg (1.74%), Sodium: 72.92mg (3.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.92g (13.84%), Vitamin C: 77.46mg (93.9%), Calcium: 228.11mg (22.81%), Phosphorus: 202.43mg (20.24%), Vitamin B2: 0.3mg (17.6%), Potassium: 614.25mg (17.55%), Manganese: 0.3mg (15.22%), Vitamin B12: 0.81µg (13.48%), Vitamin B6: 0.26mg (13.24%), Folate: 47.36µg (11.84%), Vitamin B1: 0.17mg (11.54%), Magnesium: 42.82mg (10.7%), Vitamin B5: 0.91mg (9.1%), Fiber: 2.05g (8.2%), Vitamin D: 1.08µg (7.19%), Vitamin A: 349.08IU (6.98%), Selenium: 4.76µg (6.8%), Zinc: 0.98mg (6.53%), Vitamin B3: 0.85mg (4.27%), Copper: 0.07mg (3.53%), Vitamin E: 0.37mg (2.47%), Iron: 0.42mg (2.35%), Vitamin K: 1.54µg (1.47%)