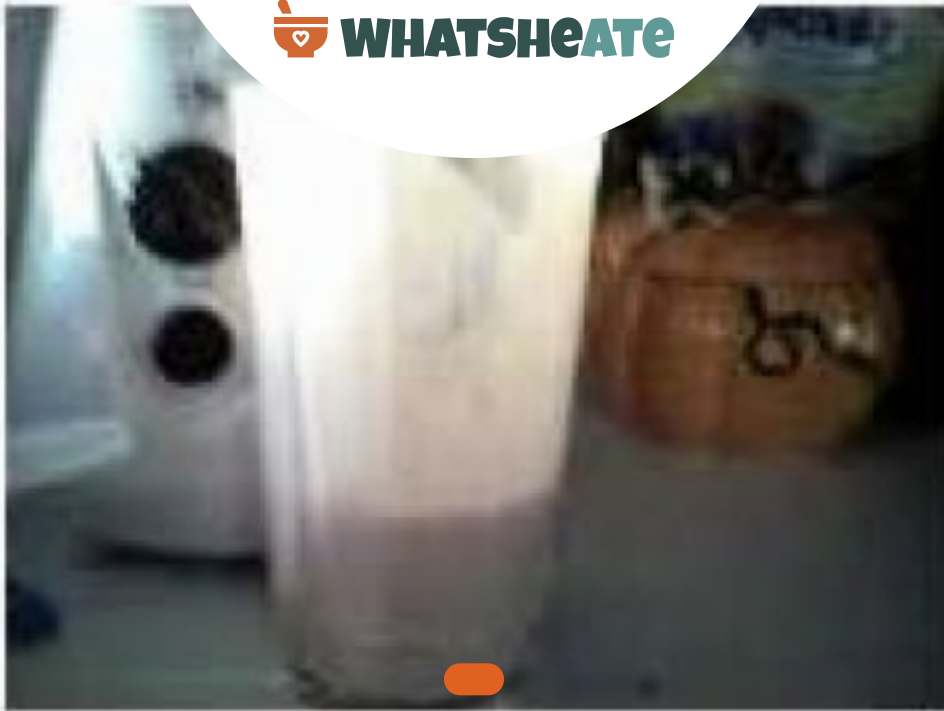




Yummy Smoothies



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



2

CALORIES



46 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 0.5 cup ice cubes
- ☐ 0.3 cup milk
- ☐ 0.5 cup peaches frozen
- ☐ 0.5 cup strawberries frozen

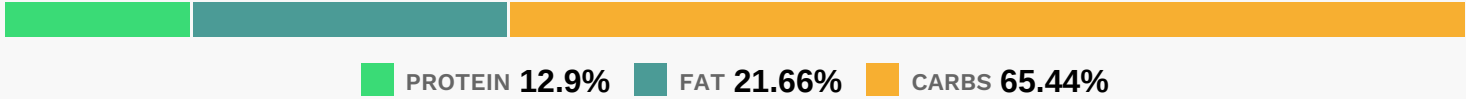
Equipment

- ☐ blender

Directions

☐ In a blender, blend the peaches, strawberries, milk, and ice cubes until smooth.

Nutrition Facts



Properties

Glycemic Index:59.13, Glycemic Load:2.69, Inflammation Score:-3, Nutrition Score:4.1186956426372%

Flavonoids

Cyanidin: 1.34mg, Cyanidin: 1.34mg, Cyanidin: 1.34mg, Cyanidin: 1.34mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 3.01mg, Catechin: 3.01mg, Catechin: 3.01mg, Catechin: 3.01mg Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg Epicatechin: 1.05mg, Epicatechin: 1.05mg, Epicatechin: 1.05mg, Epicatechin: 1.05mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 45.99kcal (2.3%), Fat: 1.19g (1.83%), Saturated Fat: 0.58g (3.63%), Carbohydrates: 8.08g (2.69%), Net Carbohydrates: 6.78g (2.47%), Sugar: 6.46g (7.18%), Cholesterol: 3.66mg (1.22%), Sodium: 19.91mg (0.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.59g (3.18%), Vitamin C: 22.75mg (27.57%), Manganese: 0.16mg (8.18%), Fiber: 1.3g (5.19%), Phosphorus: 47.92mg (4.79%), Calcium: 46.59mg (4.66%), Potassium: 147.8mg (4.22%), Vitamin B2: 0.06mg (3.64%), Vitamin A: 179.24IU (3.58%), Magnesium: 12.01mg (3%), Copper: 0.06mg (2.85%), Folate: 10.95µg (2.74%), Vitamin B12: 0.16µg (2.74%), Vitamin E: 0.4mg (2.67%), Vitamin B3: 0.48mg (2.41%), Vitamin B1: 0.04mg (2.33%), Vitamin B6: 0.05mg (2.26%), Vitamin D: 0.34µg (2.24%), Selenium: 1.53µg (2.19%), Vitamin B5: 0.22mg (2.18%), Vitamin K: 2.04µg (1.94%), Zinc: 0.27mg (1.8%), Iron: 0.28mg (1.55%)