

Nutrition Facts

Michelle's High-Protein Strawberry Smoothie

4 Servings

Amount Per Serving

Calories	94.1
Total Fat	1.8 g
Saturated Fat	0.3 g
Polyunsaturated Fat	0.8 g
Monounsaturated Fat	0.1 g
Cholesterol	22.5 mg
Sodium	38.3 mg
Potassium	243.7 mg
Total Carbohydrate	11.6 g
Dietary Fiber	4.5 g
Sugars	7.0 g
Protein	8.7 g
Vitamin A	0.4 %
Vitamin B-12	104.3 %
Vitamin B-6	127.2 %
Vitamin C	488.5 %
Vitamin D	0.0 %
Vitamin E	0.5 %
Calcium	51.8 %

Copper	1.9 %
Folate	3.4 %
Iron	3.1 %
Magnesium	15.2 %
Manganese	17.2 %
Niacin	7.1 %
Pantothenic Acid	8.8 %
Phosphorus	45.5 %
Riboflavin	9.2 %
Selenium	0.8 %
Thiamin	7.3 %
Zinc	3.9 %

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs.

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