



## Almond-Banana Smoothies



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



114 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

### Ingredients

- ☐ 2 cups vanilla almond milk whole
- ☐ 2 large bananas ripe peeled sliced
- ☐ 2 tablespoons brown sugar packed ()
- ☐ 4 servings ground nutmeg
- ☐ 2 cups ice cubes
- ☐ 1 teaspoon vanilla extract

### Equipment

- ☐ blender

# Directions

- ☐
- Blend first 5 ingredients in blender until smooth. Divide smoothies among 4 small glasses.
- ☐
- Sprinkle lightly with nutmeg.

# Nutrition Facts



# Properties

Glycemic Index:31.19, Glycemic Load:7.92, Inflammation Score:-2, Nutrition Score:4.2734782462535%

# Flavonoids

Catechin: 4.15mg, Catechin: 4.15mg, Catechin: 4.15mg, Catechin: 4.15mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

# Nutrients (% of daily need)

Calories: 114.2kcal (5.71%), Fat: 2.45g (3.77%), Saturated Fat: 0.6g (3.72%), Carbohydrates: 23g (7.67%), Net Carbohydrates: 20.44g (7.43%), Sugar: 14.94g (16.6%), Cholesterol: 0mg (0%), Sodium: 171.18mg (7.44%), Alcohol: 0.34g (100%), Alcohol %: 0.14% (100%), Protein: 1.49g (2.98%), Calcium: 165.72mg (16.57%), Vitamin B6: 0.26mg (12.77%), Manganese: 0.25mg (12.39%), Fiber: 2.56g (10.24%), Potassium: 259.9mg (7.43%), Vitamin C: 5.98mg (7.24%), Magnesium: 23.86mg (5.97%), Copper: 0.1mg (4.8%), Folate: 15.18µg (3.8%), Vitamin B2: 0.05mg (3.04%), Vitamin B3: 0.49mg (2.45%), Vitamin B5: 0.24mg (2.35%), Phosphorus: 19.52mg (1.95%), Vitamin B1: 0.03mg (1.87%), Iron: 0.28mg (1.56%), Selenium: 0.78µg (1.12%), Zinc: 0.16mg (1.06%)