

Apple Banana Smoothie

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



2

CALORIES



146 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 1 bananas frozen peeled chopped
- 1 gala apple cored peeled chopped
- 0.3 cup milk
- 0.5 cup orange juice

Equipment

- blender

Directions

In a blender combine frozen banana, orange juice, apple and milk. Blend until smooth. pour into glasses and serve.

Nutrition Facts



PROTEIN 5.86% **FAT 8.26%** **CARBS 85.88%**

Properties

Glycemic Index:88.39, Glycemic Load:13.68, Inflammation Score:-5, Nutrition Score:7.7708694883015%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 4.78mg, Catechin: 4.78mg, Catechin: 4.78mg, Catechin: 4.78mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.86mg, Epicatechin: 6.86mg, Epicatechin: 6.86mg, Epicatechin: 6.86mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg

Nutrients (% of daily need)

Calories: 146.03kcal (7.3%), Fat: 1.45g (2.23%), Saturated Fat: 0.67g (4.21%), Carbohydrates: 33.88g (11.29%), Net Carbohydrates: 30.04g (10.92%), Sugar: 23.34g (25.93%), Cholesterol: 3.66mg (1.22%), Sodium: 13.71mg (0.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.31g (4.63%), Vitamin C: 40.32mg (48.87%), Fiber: 3.84g (15.37%), Vitamin B6: 0.3mg (14.86%), Potassium: 478.34mg (13.67%), Manganese: 0.2mg (10.05%), Folate: 33.13µg (8.28%), Magnesium: 30.96mg (7.74%), Vitamin B2: 0.13mg (7.5%), Vitamin B1: 0.11mg (7.11%), Phosphorus: 64.33mg (6.43%), Calcium: 52.74mg (5.27%), Vitamin A: 260.31IU (5.21%), Copper: 0.1mg (4.91%), Vitamin B5: 0.48mg (4.84%), Vitamin B3: 0.76mg (3.78%), Vitamin B12: 0.16µg (2.74%), Vitamin K: 2.45µg (2.33%), Vitamin D: 0.34µg (2.24%), Iron: 0.39mg (2.15%), Zinc: 0.28mg (1.87%), Selenium: 1.23µg (1.76%), Vitamin E: 0.26mg (1.75%)