



Banana-Agave Smoothie

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



332 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 2 teaspoons agave nectar
- 1 banana chilled ripe sliced
- 0.3 cup blueberries fresh thawed
- 1 cup yogurt plain fat-free

Equipment

- blender

Directions

Combine all ingredients in a blender; process until smooth.

Nutrition Facts

PROTEIN 18.2% **FAT 2.82%** **CARBS 78.98%**

Properties

Glycemic Index:109.78, Glycemic Load:17.73, Inflammation Score:-6, Nutrition Score:18.667391144711%

Flavonoids

Cyanidin: 4.17mg, Cyanidin: 4.17mg, Cyanidin: 4.17mg, Cyanidin: 4.17mg Petunidin: 15.55mg, Petunidin: 15.55mg, Petunidin: 15.55mg, Petunidin: 15.55mg Delphinidin: 17.48mg, Delphinidin: 17.48mg, Delphinidin: 17.48mg, Delphinidin: 17.48mg Malvidin: 33.34mg, Malvidin: 33.34mg, Malvidin: 33.34mg, Malvidin: 33.34mg Peonidin: 10.01mg, Peonidin: 10.01mg, Peonidin: 10.01mg, Peonidin: 10.01mg Catechin: 9.81mg, Catechin: 9.81mg, Catechin: 9.81mg, Catechin: 9.81mg Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg Quercetin: 3.85mg, Quercetin: 3.85mg, Quercetin: 3.85mg, Quercetin: 3.85mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 332.34kcal (16.62%), Fat: 1.08g (1.67%), Saturated Fat: 0.43g (2.69%), Carbohydrates: 68.15g (22.72%), Net Carbohydrates: 63.86g (23.22%), Sugar: 51.73g (57.47%), Cholesterol: 4.9mg (1.63%), Sodium: 191.12mg (8.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.71g (31.42%), Calcium: 496.61mg (49.66%), Vitamin B2: 0.71mg (41.92%), Phosphorus: 416.73mg (41.67%), Vitamin B6: 0.64mg (31.77%), Potassium: 1085.98mg (31.03%), Vitamin C: 20.66mg (25.04%), Vitamin B12: 1.49µg (24.91%), Manganese: 0.5mg (24.88%), Magnesium: 81.57mg (20.39%), Vitamin B5: 2.03mg (20.26%), Zinc: 2.63mg (17.56%), Fiber: 4.29g (17.17%), Folate: 61.96µg (15.49%), Selenium: 10.39µg (14.84%), Vitamin K: 15.1µg (14.38%), Vitamin B1: 0.2mg (13.12%), Copper: 0.16mg (7.94%), Vitamin B3: 1.43mg (7.16%), Vitamin E: 0.6mg (3.97%), Iron: 0.68mg (3.8%), Vitamin A: 119.31IU (2.39%)