

Banana Almond Hemp Vegan Shake



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



2

CALORIES



179 kcal

BEVERAGE

DRINK

Ingredients

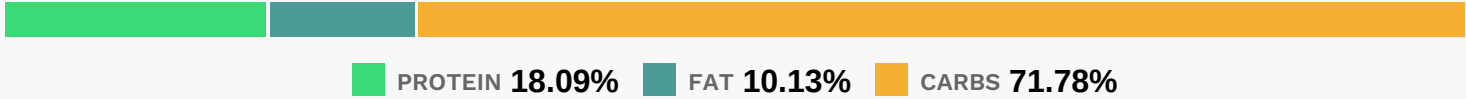
- ☐ 0.3 teaspoon almond extract
- ☐ 2 bananas peeled
- ☐ 1 date pitted soft
- ☐ 4 Tbsp hemp protein & fiber powder
- ☐ 1 cup ice cubes
- ☐ 0.5 cup water

Equipment

Directions

☐ Blend all of the ingredients until smooth.

Nutrition Facts



Properties

Glycemic Index:53.39, Glycemic Load:14.28, Inflammation Score:-3, Nutrition Score:6.3669565838316%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 178.91kcal (8.95%), Fat: 2.08g (3.21%), Saturated Fat: 0.3g (1.88%), Carbohydrates: 33.23g (11.08%), Net Carbohydrates: 26.94g (9.8%), Sugar: 17.38g (19.31%), Cholesterol: 0mg (0%), Sodium: 10.18mg (0.44%), Alcohol: 0.17g (100%), Alcohol %: 0.07% (100%), Protein: 8.37g (16.74%), Fiber: 6.29g (25.15%), Vitamin B6: 0.44mg (21.95%), Manganese: 0.33mg (16.45%), Potassium: 446.14mg (12.75%), Vitamin C: 10.28mg (12.46%), Iron: 1.6mg (8.91%), Magnesium: 35.2mg (8.8%), Copper: 0.13mg (6.4%), Folate: 24.26µg (6.07%), Vitamin B2: 0.09mg (5.23%), Vitamin B3: 0.83mg (4.16%), Vitamin B5: 0.41mg (4.15%), Phosphorus: 28.16mg (2.82%), Vitamin B1: 0.04mg (2.56%), Calcium: 23.98mg (2.4%), Selenium: 1.28µg (1.84%), Vitamin A: 75.87IU (1.52%), Zinc: 0.21mg (1.37%)