



Banana and Strawberry Smoothie

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



1

CALORIES



276 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 1 banana
- 1 teaspoon ground cinnamon
- 1 cup milk cold
- 5 strawberries hulled

Equipment

- blender

Directions

Combine the banana, strawberries, cinnamon, milk, and food coloring in a blender; blend until smooth; serve immediately.

Nutrition Facts



PROTEIN 13.35% **FAT 25.83%** **CARBS 60.82%**

Properties

Glycemic Index:137.78, Glycemic Load:18.78, Inflammation Score:-7, Nutrition Score:17.816956333492%

Flavonoids

Cyanidin: 1.01mg, Cyanidin: 1.01mg, Cyanidin: 1.01mg, Cyanidin: 1.01mg Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg Delphinidin: 0.19mg, Delphinidin: 0.19mg, Delphinidin: 0.19mg, Delphinidin: 0.19mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 14.91mg, Pelargonidin: 14.91mg, Pelargonidin: 14.91mg, Pelargonidin: 14.91mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 9.06mg, Catechin: 9.06mg, Catechin: 9.06mg, Catechin: 9.06mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 275.56kcal (13.78%), Fat: 8.4g (12.93%), Saturated Fat: 4.69g (29.29%), Carbohydrates: 44.52g (14.84%), Net Carbohydrates: 39.19g (14.25%), Sugar: 29.11g (32.34%), Cholesterol: 29.28mg (9.76%), Sodium: 94.7mg (4.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.77g (19.54%), Vitamin C: 45.62mg (55.3%), Manganese: 0.91mg (45.46%), Calcium: 335.66mg (33.57%), Vitamin B6: 0.61mg (30.66%), Phosphorus: 288.08mg (28.81%), Vitamin B2: 0.44mg (25.7%), Potassium: 888.86mg (25.4%), Vitamin B12: 1.32µg (21.96%), Fiber: 5.33g (21.32%), Vitamin D: 2.68µg (17.89%), Magnesium: 70.14mg (17.54%), Vitamin B5: 1.39mg (13.86%), Vitamin B1: 0.19mg (12.54%), Vitamin A: 483.9IU (9.68%), Folate: 38.12µg (9.53%), Selenium: 6.12µg (8.74%), Zinc: 1.3mg (8.65%), Vitamin B3: 1.3mg (6.5%), Copper: 0.13mg (6.5%), Iron: 0.72mg (4%), Vitamin K: 3.27µg (3.11%), Vitamin E: 0.46mg (3.07%)