



## Banana-Berry Smoothie

 Vegetarian

READY IN



5 min.

SERVINGS



5

CALORIES



117 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

### Ingredients

- 1 banana cut into chunks
- 1 cup ice cubes
- 1 cup vanilla yogurt low-fat
- 2 tsp crystal tangerine strawberry flavor drink mix light
- 2 cups strawberry halves fresh
- 1 cup water

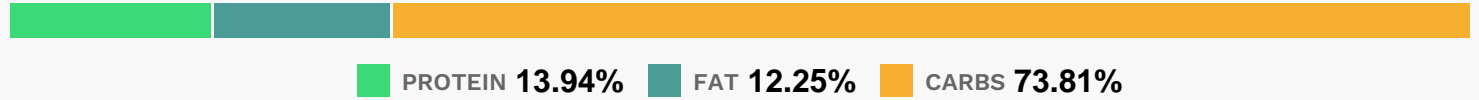
### Equipment

- blender

## Directions

- Place all ingredients in blender; cover. Blend on high speed until thickened and smooth.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:18.96, Glycemic Load:3.92, Inflammation Score:-4, Nutrition Score:7.6878261358842%

## Flavonoids

Cyanidin: 0.97mg, Cyanidin: 0.97mg, Cyanidin: 0.97mg, Cyanidin: 0.97mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 14.31mg, Pelargonidin: 14.31mg, Pelargonidin: 14.31mg, Pelargonidin: 14.31mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 3.23mg, Catechin: 3.23mg, Catechin: 3.23mg, Catechin: 3.23mg Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg

## Nutrients (% of daily need)

Calories: 117.04kcal (5.85%), Fat: 1.66g (2.56%), Saturated Fat: 0.83g (5.19%), Carbohydrates: 22.55g (7.52%), Net Carbohydrates: 20.77g (7.55%), Sugar: 16.46g (18.29%), Cholesterol: 4.47mg (1.49%), Sodium: 71.9mg (3.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.26g (8.52%), Vitamin C: 36.56mg (44.31%), Manganese: 0.31mg (15.4%), Calcium: 122.06mg (12.21%), Vitamin B2: 0.21mg (12.1%), Phosphorus: 115.24mg (11.52%), Potassium: 343.6mg (9.82%), Vitamin B6: 0.17mg (8.51%), Magnesium: 30.46mg (7.61%), Fiber: 1.77g (7.1%), Folate: 27.8µg (6.95%), Selenium: 4.24µg (6.06%), Vitamin B1: 0.08mg (5.61%), Vitamin B12: 0.33µg (5.45%), Vitamin B5: 0.47mg (4.74%), Vitamin B3: 0.87mg (4.36%), Copper: 0.08mg (4.22%), Zinc: 0.62mg (4.1%), Iron: 0.39mg (2.17%), Vitamin K: 1.89µg (1.8%), Vitamin E: 0.23mg (1.54%), Vitamin A: 61.9IU (1.24%)