



Banana-Berry Smoothie

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



226 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 1 cup banana ripe sliced
- ☐ 1.3 cups poached berries mixed frozen (such as Cascadian Farm Harvest Berries)
- ☐ 0.5 cup vanilla yogurt fat-free
- ☐ 0.3 cup nonfat milk dry
- ☐ 1.3 cups calcium-fortified orange juice
- ☐ 1 tablespoon sugar

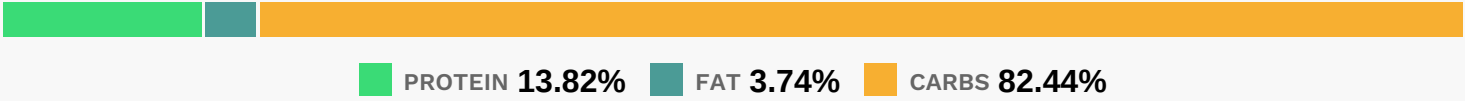
Equipment

- ☐ blender

Directions

☐ Combine all ingredients in a blender; process until smooth.

Nutrition Facts



Properties

Glycemic Index:58.96, Glycemic Load:13.81, Inflammation Score:-7, Nutrition Score:14.353478379872%

Flavonoids

Cyanidin: 2.82mg, Cyanidin: 2.82mg, Cyanidin: 2.82mg, Cyanidin: 2.82mg Petunidin: 11.73mg, Petunidin: 11.73mg, Petunidin: 11.73mg, Petunidin: 11.73mg Delphinidin: 13.94mg, Delphinidin: 13.94mg, Delphinidin: 13.94mg, Delphinidin: 13.94mg Malvidin: 32.07mg, Malvidin: 32.07mg, Malvidin: 32.07mg, Malvidin: 32.07mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.3mg, Peonidin: 0.3mg, Peonidin: 0.3mg, Peonidin: 0.3mg Catechin: 3.05mg, Catechin: 3.05mg, Catechin: 3.05mg, Catechin: 3.05mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 12.35mg, Hesperetin: 12.35mg, Hesperetin: 12.35mg, Hesperetin: 12.35mg Naringenin: 2.21mg, Naringenin: 2.21mg, Naringenin: 2.21mg, Naringenin: 2.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.16mg, Luteolin: 1.16mg, Luteolin: 1.16mg, Luteolin: 1.16mg Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg Myricetin: 1.19mg, Myricetin: 1.19mg, Myricetin: 1.19mg, Myricetin: 1.19mg Quercetin: 3.29mg, Quercetin: 3.29mg, Quercetin: 3.29mg, Quercetin: 3.29mg

Nutrients (% of daily need)

Calories: 226.4kcal (11.32%), Fat: 0.98g (1.51%), Saturated Fat: 0.23g (1.44%), Carbohydrates: 48.7g (16.23%), Net Carbohydrates: 45.45g (16.53%), Sugar: 38.92g (43.25%), Cholesterol: 3.48mg (1.16%), Sodium: 97.24mg (4.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.16g (16.33%), Vitamin C: 58.82mg (71.3%), Calcium: 249.14mg (24.91%), Vitamin B2: 0.37mg (21.9%), Phosphorus: 213.33mg (21.33%), Potassium: 738.51mg (21.1%), Vitamin B6: 0.33mg (16.37%), Folate: 55.86µg (13.97%), Vitamin B1: 0.2mg (13.39%), Manganese: 0.26mg (13.08%), Fiber: 3.25g (13%), Magnesium: 48.89mg (12.22%), Vitamin B12: 0.73µg (12.15%), Vitamin A: 563.81IU (11.28%), Vitamin K: 11.41µg (10.86%), Vitamin D: 1.47µg (9.78%), Selenium: 6.78µg (9.69%), Vitamin B5: 0.92mg (9.2%), Zinc: 1.02mg (6.79%), Vitamin B3: 1.25mg (6.25%), Copper: 0.12mg (5.8%), Iron: 0.53mg (2.92%), Vitamin E: 0.43mg (2.84%)