



Banana-Berry Smoothie



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



5

CALORIES



165 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 2 bananas coarsely chopped
- ☐ 0.8 cup milk fat-free
- ☐ 0.3 cup honey
- ☐ 0.3 cup ice cubes crushed
- ☐ 1 cup yogurt plain low-fat
- ☐ 3 cups strawberries frozen

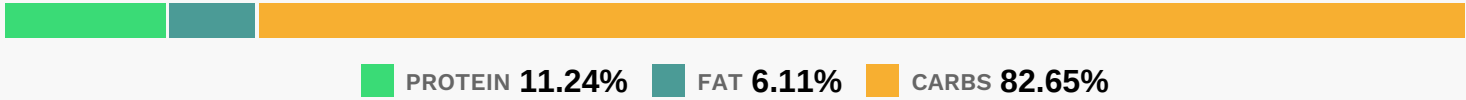
Equipment

- ☐ blender

Directions

- ☐ Process all ingredients in a blender until smooth.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:36.06, Glycemic Load:15.07, Inflammation Score:-5, Nutrition Score:10.554347680963%

Flavonoids

Cyanidin: 1.45mg, Cyanidin: 1.45mg, Cyanidin: 1.45mg, Cyanidin: 1.45mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.27mg, Delphinidin: 0.27mg, Delphinidin: 0.27mg, Delphinidin: 0.27mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 21.47mg, Pelargonidin: 21.47mg, Pelargonidin: 21.47mg, Pelargonidin: 21.47mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 5.57mg, Catechin: 5.57mg, Catechin: 5.57mg, Catechin: 5.57mg Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epicatechin 3-gallate: 0.13mg, Epicatechin 3-gallate: 0.13mg, Epicatechin 3-gallate: 0.13mg, Epicatechin 3-gallate: 0.13mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 164.55kcal (8.23%), Fat: 1.2g (1.85%), Saturated Fat: 0.57g (3.59%), Carbohydrates: 36.61g (12.2%), Net Carbohydrates: 33.62g (12.23%), Sugar: 29.2g (32.45%), Cholesterol: 4.04mg (1.35%), Sodium: 51.97mg (2.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.98g (9.95%), Vitamin C: 55.39mg (67.13%), Manganese: 0.48mg (23.88%), Calcium: 155.74mg (15.57%), Phosphorus: 141.68mg (14.17%), Potassium: 486.01mg (13.89%), Vitamin B6: 0.26mg (13.16%), Vitamin B2: 0.21mg (12.52%), Fiber: 2.99g (11.96%), Magnesium: 37.17mg (9.29%), Folate: 36.64µg (9.16%), Vitamin B12: 0.49µg (8.13%), Vitamin B5: 0.7mg (6.98%), Zinc: 0.83mg (5.54%), Vitamin B1: 0.08mg (5.17%), Selenium: 3.31µg (4.72%), Copper: 0.09mg (4.67%), Vitamin B3: 0.77mg (3.84%), Iron: 0.59mg (3.26%), Vitamin A: 140.54IU (2.81%), Vitamin D: 0.4µg (2.69%), Vitamin K: 2.23µg (2.13%), Vitamin E: 0.31mg (2.08%)