



## Banana Berry Smoothie II

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



1

CALORIES



316 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

### Ingredients

- 1 banana
- 1 teaspoon honey
- 1 cup milk
- 3 large strawberries
- 1 tablespoon vanilla yogurt

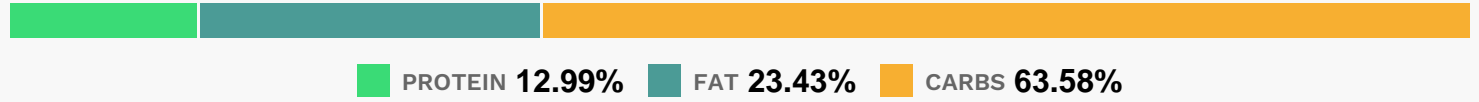
### Equipment

- blender

# Directions

- In a blender, combine milk, banana, strawberries, yogurt and honey. Blend until smooth.
- Pour into glass and serve.

# Nutrition Facts



# Properties

Glycemic Index:185.05, Glycemic Load:22.23, Inflammation Score:-7, Nutrition Score:18.705217527307%

# Flavonoids

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# Nutrients (% of daily need)

Calories: 315.62kcal (15.78%), Fat: 8.69g (13.37%), Saturated Fat: 4.84g (30.27%), Carbohydrates: 53.05g (17.68%), Net Carbohydrates: 48.35g (17.58%), Sugar: 38.6g (42.89%), Cholesterol: 30.28mg (10.09%), Sodium: 108.19mg (4.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.84g (21.68%), Vitamin C: 58.09mg (70.41%), Calcium: 353.6mg (35.36%), Manganese: 0.65mg (32.37%), Phosphorus: 319.12mg (31.91%), Vitamin B6: 0.63mg (31.53%), Vitamin B2: 0.48mg (28.44%), Potassium: 959.81mg (27.42%), Vitamin B12: 1.42µg (23.73%), Fiber: 4.7g (18.81%), Magnesium: 75.01mg (18.75%), Vitamin D: 2.68µg (17.89%), Vitamin B5: 1.52mg (15.21%), Vitamin B1: 0.2mg (13.4%), Folate: 45.38µg (11.35%), Selenium: 7.18µg (10.25%), Zinc: 1.47mg (9.81%), Vitamin A: 489.12IU (9.78%), Vitamin B3: 1.38mg (6.92%), Copper: 0.14mg (6.92%), Iron: 0.68mg (3.79%), Vitamin E: 0.48mg (3.19%), Vitamin K: 3.12µg (2.98%)