



Banana Berry Smoothie III

 Vegetarian  Gluten Free

READY IN



2 min.

SERVINGS



2

CALORIES



152 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 1 banana frozen
- 0.8 cup orange juice
- 1 cup raspberries frozen
- 0.3 cup vanilla yogurt

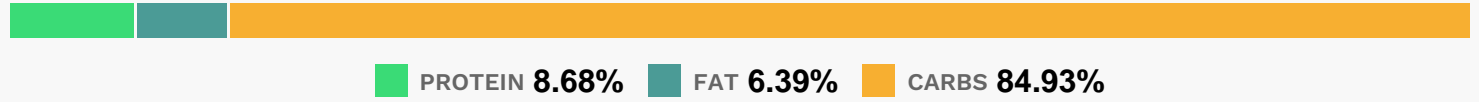
Equipment

- blender

Directions

- In a blender, combine banana, raspberries, orange juice and yogurt. Blend until smooth.
- Pour into glasses and serve.

Nutrition Facts



Properties

Glycemic Index:66.39, Glycemic Load:12.3, Inflammation Score:-6, Nutrition Score:11.87347843336%

Flavonoids

Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 4.39mg, Catechin: 4.39mg, Catechin: 4.39mg, Catechin: 4.39mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 2.12mg, Epicatechin: 2.12mg, Epicatechin: 2.12mg, Epicatechin: 2.12mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 11.11mg, Hesperetin: 11.11mg, Hesperetin: 11.11mg, Hesperetin: 11.11mg Naringenin: 1.99mg, Naringenin: 1.99mg, Naringenin: 1.99mg, Naringenin: 1.99mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 151.59kcal (7.58%), Fat: 1.15g (1.77%), Saturated Fat: 0.35g (2.17%), Carbohydrates: 34.49g (11.5%), Net Carbohydrates: 28.87g (10.5%), Sugar: 21.89g (24.32%), Cholesterol: 1.53mg (0.51%), Sodium: 22.33mg (0.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.52g (7.05%), Vitamin C: 67.6mg (81.94%), Manganese: 0.58mg (28.78%), Fiber: 5.62g (22.48%), Potassium: 554.89mg (15.85%), Vitamin B6: 0.3mg (15.03%), Folate: 55.67µg (13.92%), Magnesium: 44.26mg (11.06%), Vitamin B2: 0.16mg (9.14%), Vitamin B1: 0.13mg (8.94%), Phosphorus: 87.53mg (8.75%), Calcium: 80.55mg (8.05%), Vitamin B5: 0.74mg (7.4%), Copper: 0.14mg (7.25%), Vitamin B3: 1.16mg (5.78%), Vitamin A: 256.73IU (5.13%), Vitamin K: 5.1µg (4.86%), Iron: 0.77mg (4.3%), Zinc: 0.64mg (4.27%), Vitamin E: 0.62mg (4.16%), Selenium: 2.3µg (3.29%), Vitamin B12: 0.16µg (2.71%)