Banana Berry Smoothie with Truvia® Natural Sweetener

Vegetarian Gluten Free

READY IN	SERVINGS	CALORIES
3 min.	4	126 kcal

MORNING MEAL | BRUNCH | BREAKFAST | BEVERAGE

Ingredients

- [ ] 1 banana
- [ ] 1 cup blueberries
- [ ] 1 cup yogurt plain fat-free
- [ ] 1 cup ice cubes
- [ ] 1 tablespoon natural sweetener spoonable truvia®
- [ ] 1 cup orange juice
- [ ] 1 cup strawberries

Equipment

- [ ] blender

Directions

- [ ] Add all ingredients to blender. Blend on high until smooth.
- [ ] Enjoy.

Nutrition Facts

PROTEIN **14.48%** FAT **5.03%** CARBS **80.49%**

Properties

Glycemic Index:46.69, Glycemic Load:9.16, Inflammation Score:-6, Nutrition Score:11.122608786044%

Flavonoids

Cyanidin: 3.73mg, Cyanidin: 3.73mg, Cyanidin: 3.73mg, Cyanidin: 3.73mg Petunidin: 11.71mg, Petunidin: 11.71mg, Petunidin: 11.71mg, Petunidin: 11.71mg Delphinidin: 13.22mg, Delphinidin: 13.22mg, Delphinidin: 13.22mg, Delphinidin: 13.22mg Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 7.53mg, Peonidin: 7.53mg, Peonidin: 7.53mg, Peonidin: 7.53mg Catechin: 4.88mg, Catechin: 4.88mg, Catechin: 4.88mg, Catechin: 4.88mg Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg Epicatechin: 0.39mg, Epicatechin: 0.39mg, Epicatechin: 0.39mg, Epicatechin: 0.39mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg Naringenin: 1.42mg, Naringenin: 1.42mg, Naringenin: 1.42mg, Naringenin: 1.42mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 126.19kcal (6.31%), Fat: 0.75g (1.15%), Saturated Fat: 0.23g (1.45%), Carbohydrates: 27.05g (9.02%), Net Carbohydrates: 24.33g (8.85%), Sugar: 19.07g (21.19%), Cholesterol: 1.23mg (0.41%), Sodium: 52.54mg (2.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.87g (9.73%), Vitamin C: 59.23mg (71.79%), Manganese: 0.59mg (29.62%), Calcium: 150.17mg (15.02%), Potassium: 479.31mg (13.69%), Phosphorus: 128.04mg (12.8%), Vitamin B2: 0.21mg (12.27%), Fiber: 2.72g (10.88%), Folate: 43.07µg (10.77%), Vitamin B6: 0.21mg (10.38%),

Magnesium: 35.95mg (8.99%), Vitamin K: 8.69µg (8.28%), Vitamin B1: 0.12mg (7.91%), Vitamin B5: 0.7mg (7%), Vitamin B12: 0.37µg (6.23%), Copper: 0.11mg (5.73%), Zinc: 0.82mg (5.47%), Iron: 0.8mg (4.46%), Vitamin B3: 0.85mg (4.24%), Selenium: 2.88µg (4.12%), Vitamin A: 175.38IU (3.51%), Vitamin E: 0.4mg (2.66%)