

Banana Blast II

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



4

CALORIES



112 kcal

SIDE DISH

Ingredients

- 2 bananas
- 2 tablespoons brown sugar
- 8 cubes ice cubes
- 1 cup milk
- 0.3 cup water

Equipment

- blender

Directions

- In a blender, combine bananas and milk. Pulse until bananas are chopped.
- Pour in water and brown sugar. Blend until smooth. Toss in the ice cubes and blend until smooth.
- Pour into 4 glasses and serve immediately.

Nutrition Facts



Properties

Glycemic Index:23.19, Glycemic Load:7.61, Inflammation Score:-2, Nutrition Score:4.670434753532%

Flavonoids

Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 111.91kcal (5.6%), Fat: 2.15g (3.3%), Saturated Fat: 1.2g (7.5%), Carbohydrates: 22.19g (7.4%), Net Carbohydrates: 20.65g (7.51%), Sugar: 15.95g (17.72%), Cholesterol: 7.32mg (2.44%), Sodium: 27.59mg (1.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.65g (5.3%), Vitamin B6: 0.26mg (12.81%), Potassium: 310.7mg (8.88%), Calcium: 84.24mg (8.42%), Manganese: 0.17mg (8.28%), Vitamin B2: 0.13mg (7.49%), Phosphorus: 74.83mg (7.48%), Vitamin C: 5.13mg (6.22%), Fiber: 1.53g (6.14%), Magnesium: 24.22mg (6.05%), Vitamin B12: 0.33µg (5.49%), Vitamin D: 0.67µg (4.47%), Vitamin B5: 0.43mg (4.33%), Vitamin B1: 0.05mg (3.5%), Folate: 11.86µg (2.96%), Copper: 0.06mg (2.81%), Vitamin A: 136.58IU (2.73%), Selenium: 1.82µg (2.6%), Vitamin B3: 0.46mg (2.31%), Zinc: 0.34mg (2.3%), Iron: 0.2mg (1.09%)