



Banana-Blueberry Smoothie

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



2

CALORIES



163 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 1 banana ripe
- 1 cup blueberries frozen
- 1 cup yogurt plain

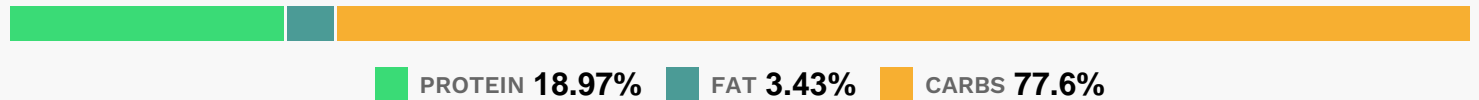
Equipment

- bowl

Directions

- Blueberry-Mint Smoothie
- Berry-Banana Kefir Bowl
- Banana-Oat Smoothie
- Strawberry Coconut Smoothie
- Peanut Butter-Berry Smoothie
- Cucumber-Blueberry Smoothie

Nutrition Facts



Properties

Glycemic Index:47.39, Glycemic Load:10.11, Inflammation Score:-5, Nutrition Score:10.744782675867%

Flavonoids

Cyanidin: 6.26mg, Cyanidin: 6.26mg, Cyanidin: 6.26mg, Cyanidin: 6.26mg Petunidin: 23.33mg, Petunidin: 23.33mg, Petunidin: 23.33mg, Petunidin: 23.33mg Delphinidin: 26.22mg, Delphinidin: 26.22mg, Delphinidin: 26.22mg, Delphinidin: 26.22mg Malvidin: 50.02mg, Malvidin: 50.02mg, Malvidin: 50.02mg, Malvidin: 50.02mg Peonidin: 15.01mg, Peonidin: 15.01mg, Peonidin: 15.01mg, Peonidin: 15.01mg Catechin: 7.51mg, Catechin: 7.51mg, Catechin: 7.51mg, Catechin: 7.51mg Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg Epicatechin: 0.47mg, Epicatechin: 0.47mg, Epicatechin: 0.47mg, Epicatechin: 0.47mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 1.29mg, Kaempferol: 1.29mg, Kaempferol: 1.29mg, Kaempferol: 1.29mg Myricetin: 0.97mg, Myricetin: 0.97mg, Myricetin: 0.97mg, Myricetin: 0.97mg Quercetin: 5.71mg, Quercetin: 5.71mg, Quercetin: 5.71mg, Quercetin: 5.71mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 163.29kcal (8.16%), Fat: 0.66g (1.01%), Saturated Fat: 0.23g (1.43%), Carbohydrates: 33.59g (11.2%), Net Carbohydrates: 30.28g (11.01%), Sugar: 23.98g (26.64%), Cholesterol: 2.45mg (0.82%), Sodium: 95.65mg (4.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.21g (16.42%), Calcium: 251.16mg (25.12%), Phosphorus: 214.18mg (21.42%), Vitamin B2: 0.36mg (21.18%), Manganese: 0.41mg (20.7%), Potassium: 580.58mg (16.59%), Vitamin C: 13.41mg (16.26%), Vitamin B6: 0.32mg (16%), Vitamin K: 14.82µg (14.12%), Fiber: 3.31g (13.24%), Vitamin B12: 0.75µg (12.45%), Magnesium: 43.65mg (10.91%), Vitamin B5: 1.07mg (10.74%), Zinc: 1.4mg (9.3%), Folate: 30.94µg (7.73%), Selenium: 5.07µg (7.25%), Vitamin B1: 0.1mg (6.96%), Copper: 0.11mg (5.33%), Vitamin B3: 0.85mg (4.27%), Vitamin E: 0.48mg (3.21%), Iron: 0.47mg (2.62%), Vitamin A: 86.29IU (1.73%)