



Banana Breakfast Smoothie

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



190 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 1 large banana frozen ripe sliced
- ☐ 1 tablespoon honey
- ☐ 0.5 cup ice cubes crushed
- ☐ 0.5 cup milk 1% low-fat
- ☐ 6 ounce carton vanilla yogurt fat-free

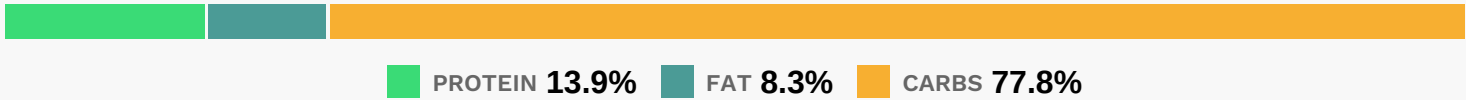
Equipment

- ☐ knife
- ☐ blender

Directions

- ☐ Place first 4 ingredients in a blender; process 1 minute or until smooth.
- ☐ Add yogurt; process 20 to 30 seconds or until blended.
- ☐ Serve immediately.
- ☐ Peel banana
- ☐ Pour ingredients into blender with assistance
- ☐ Help slice banana with dinner knife
- ☐ Push buttons to process ingredients

Nutrition Facts



Properties

Glycemic Index:53.53, Glycemic Load:12.04, Inflammation Score:-3, Nutrition Score:8.4769565683344%

Flavonoids

Catechin: 4.15mg, Catechin: 4.15mg, Catechin: 4.15mg, Catechin: 4.15mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg 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: 190.1kcal (9.51%), Fat: 1.85g (2.84%), Saturated Fat: 1.1g (6.85%), Carbohydrates: 38.95g (12.98%), Net Carbohydrates: 37.17g (13.51%), Sugar: 31.58g (35.09%), Cholesterol: 7.2mg (2.4%), Sodium: 83.2mg (3.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.96g (13.92%), Calcium: 225.58mg (22.56%), Phosphorus: 190.97mg (19.1%), Vitamin B2: 0.31mg (18.07%), Vitamin B6: 0.33mg (16.29%), Potassium: 528.97mg (15.11%), Vitamin B12: 0.81µg (13.51%), Magnesium: 39.85mg (9.96%), Manganese: 0.2mg (9.86%), Vitamin B5: 0.92mg (9.17%), Selenium: 6.17µg (8.81%), Vitamin C: 6.65mg (8.06%), Zinc: 1.09mg (7.27%), Fiber: 1.79g (7.16%), Folate: 24.35µg (6.09%), Vitamin B1: 0.09mg (6.03%), Vitamin D: 0.65µg (4.33%), Vitamin A: 195.73IU (3.91%), Copper: 0.08mg (3.9%), Vitamin B3: 0.62mg (3.11%), Iron: 0.28mg (1.56%)