



Banana Breakfast Smoothie

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



198 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 2 bananas ripe
- 1 cup blueberries fresh
- 1 tablespoon honey
- 8 ice cubes
- 2 cups milk
- 6 tablespoons orange juice concentrate frozen
- 1 teaspoon vanilla extract

Equipment

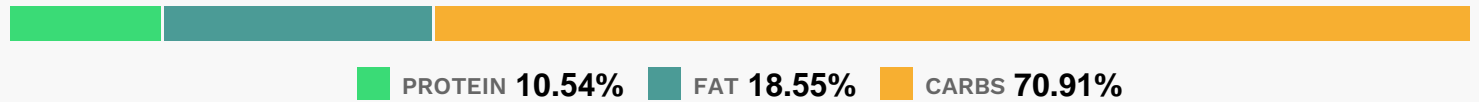
blender

Directions

Process all ingredients in a blender, stopping to scrape down sides.

Pour mixture into tall glasses.

Nutrition Facts



Properties

Glycemic Index:46.26, Glycemic Load:12.74, Inflammation Score:-6, Nutrition Score:10.971304281898%

Flavonoids

Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg Catechin: 5.56mg, Catechin: 5.56mg, Catechin: 5.56mg, Catechin: 5.56mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg Galliccatechin: 0.04mg, Galliccatechin: 0.04mg, Galliccatechin: 0.04mg, Galliccatechin: 0.04mg

Nutrients (% of daily need)

Calories: 198.47kcal (9.92%), Fat: 4.28g (6.58%), Saturated Fat: 2.36g (14.74%), Carbohydrates: 36.77g (12.26%), Net Carbohydrates: 34.12g (12.41%), Sugar: 27.78g (30.86%), Cholesterol: 14.64mg (4.88%), Sodium: 50.57mg (2.2%), Alcohol: 0.34g (100%), Alcohol %: 0.16% (100%), Protein: 5.47g (10.93%), Vitamin C: 40.91mg (49.59%), Vitamin B6: 0.37mg (18.47%), Calcium: 164.92mg (16.49%), Potassium: 566.43mg (16.18%), Vitamin B2: 0.27mg (15.79%), Phosphorus: 154.44mg (15.44%), Manganese: 0.31mg (15.28%), Vitamin B12: 0.66µg (10.98%), Vitamin B1: 0.16mg (10.76%), Fiber: 2.65g (10.62%), Magnesium: 41.06mg (10.26%), Vitamin D: 1.34µg (8.95%), Vitamin B5: 0.83mg (8.26%), Folate: 31.2µg (7.8%), Vitamin K: 7.89µg (7.51%), Vitamin A: 339.44IU (6.79%), Zinc: 0.7mg (4.66%), Vitamin B3: 0.93mg (4.64%), Copper: 0.09mg (4.43%), Selenium: 3.08µg (4.39%), Vitamin E: 0.46mg (3.09%), Iron: 0.35mg (1.96%)