



Banana Breakfast Smoothie



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



179 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 1 large banana frozen ripe sliced
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 1 tablespoon honey
- ☐ 0.5 cup ice cubes crushed
- ☐ 0.5 cup milk 1% low-fat
- ☐ 1 cup greek yogurt plain 2% reduced-fat

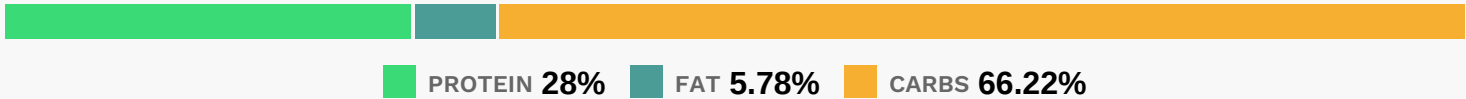
Equipment

- ☐ blender

Directions

- ☐ Combine first 5 ingredients in a blender; process 2 minutes or until smooth.
- ☐ Add yogurt; process just until blended.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:88.53, Glycemic Load:12.06, Inflammation Score:-3, Nutrition Score:9.0421738365422%

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: 179.47kcal (8.97%), Fat: 1.2g (1.85%), Saturated Fat: 0.55g (3.45%), Carbohydrates: 30.92g (10.31%), Net Carbohydrates: 29.1g (10.58%), Sugar: 23.15g (25.72%), Cholesterol: 7.95mg (2.65%), Sodium: 63.09mg (2.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.07g (26.15%), Vitamin B2: 0.42mg (24.55%), Phosphorus: 212.42mg (21.24%), Calcium: 191.37mg (19.14%), Vitamin B12: 1.06µg (17.67%), Vitamin B6: 0.35mg (17.58%), Selenium: 11.9µg (17.01%), Potassium: 484.15mg (13.83%), Manganese: 0.21mg (10.32%), Magnesium: 37.47mg (9.37%), Vitamin B5: 0.78mg (7.78%), Fiber: 1.82g (7.26%), Vitamin C: 5.97mg (7.24%), Zinc: 0.92mg (6.12%), Folate: 22.08µg (5.52%), Vitamin B1: 0.08mg (5.14%), Vitamin D: 0.65µg (4.33%), Copper: 0.09mg (4.26%), Vitamin B3: 0.74mg (3.72%), Vitamin A: 163.29IU (3.27%), Iron: 0.29mg (1.64%)