



Banana Coconut Smoothie

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



1

CALORIES



544 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 1 banana
- 3 fluid ounces full fat coconut cream
- 1 serving ice cubes
- 1 cup milk

Equipment

- blender

Directions

Blend the banana, milk, coconut cream, and ice cubes in a blender until smooth.

Nutrition Facts

PROTEIN 8.66% **FAT 60.72%** **CARBS 30.62%**

Properties

Glycemic Index:92.78, Glycemic Load:17.39, Inflammation Score:-6, Nutrition Score:19.380434881086%

Flavonoids

Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 544.16kcal (27.21%), Fat: 38.96g (59.94%), Saturated Fat: 31.95g (199.7%), Carbohydrates: 44.2g (14.73%), Net Carbohydrates: 39.18g (14.25%), Sugar: 26.13g (29.04%), Cholesterol: 29.28mg (9.76%), Sodium: 100.25mg (4.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.51g (25.02%), Manganese: 1.49mg (74.26%), Phosphorus: 380.63mg (38.06%), Calcium: 317.46mg (31.75%), Vitamin B6: 0.62mg (31.18%), Potassium: 1076.75mg (30.76%), Vitamin B2: 0.42mg (24.87%), Vitamin B12: 1.32µg (21.96%), Copper: 0.44mg (21.94%), Magnesium: 86.54mg (21.63%), Fiber: 5.02g (20.08%), Vitamin D: 2.68µg (17.89%), Vitamin C: 12.75mg (15.45%), Vitamin B5: 1.54mg (15.36%), Zinc: 2.03mg (13.56%), Vitamin B1: 0.2mg (13.32%), Iron: 2.33mg (12.94%), Folate: 44µg (11%), Vitamin A: 470.8IU (9.42%), Vitamin B3: 1.83mg (9.15%), Selenium: 5.82µg (8.31%), Vitamin E: 0.24mg (1.6%), Vitamin K: 1.32µg (1.26%)