



Banana Cream Oreo Protein Shake

READY IN



2 min.

SERVINGS



1

CALORIES



368 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 cup greek yogurt
- ☐ 0.3 banana sliced
- ☐ 2 tablespoons vanilla pudding mix fat free instant
- ☐ 1 cup ice cubes
- ☐ 0.4 oz oreo cookies crushed
- ☐ 1 ounce protein powder (100 calorie)
- ☐ 3 packets stevia powder
- ☐ 0.5 cup water cold

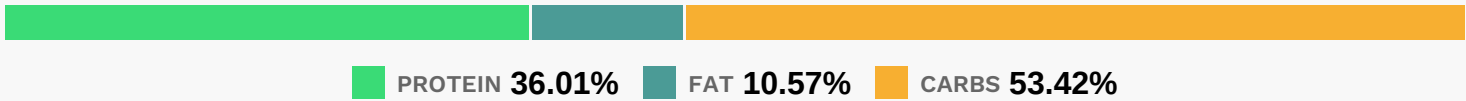
Equipment

☐ blender

Directions

- ☐ Place all the ingredients except Oreos in blender and mix until smooth.
- ☐ Garnish top of shake with crushed Oreo'sEnjoy

Nutrition Facts



Properties

Glycemic Index:78.78, Glycemic Load:5.03, Inflammation Score:-3, Nutrition Score:8.7413043353869%

Flavonoids

Catechin: 2.4mg, Catechin: 2.4mg, Catechin: 2.4mg, Catechin: 2.4mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 367.64kcal (18.38%), Fat: 4.56g (7.01%), Saturated Fat: 1.27g (7.91%), Carbohydrates: 51.84g (17.28%), Net Carbohydrates: 50.49g (18.36%), Sugar: 14.57g (16.19%), Cholesterol: 52.25mg (17.42%), Sodium: 1408.1mg (61.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.94g (69.89%), Phosphorus: 236.47mg (23.65%), Calcium: 218.6mg (21.86%), Vitamin B2: 0.34mg (19.81%), Iron: 3.44mg (19.08%), Selenium: 10.88µg (15.55%), Vitamin B12: 0.7µg (11.67%), Potassium: 393.4mg (11.24%), Magnesium: 44.67mg (11.17%), Vitamin B6: 0.21mg (10.55%), Manganese: 0.19mg (9.6%), Copper: 0.14mg (7.12%), Folate: 21.78µg (5.45%), Fiber: 1.35g (5.41%), Vitamin B5: 0.5mg (4.96%), Zinc: 0.71mg (4.72%), Vitamin C: 3.42mg (4.15%), Vitamin B3: 0.77mg (3.84%), Vitamin B1: 0.06mg (3.77%), Vitamin K: 3.3µg (3.15%), Vitamin E: 0.33mg (2.2%), Vitamin A: 105IU (2.1%)