



Banana Cream Pie Smoothie

 Vegetarian

READY IN



45 min.

SERVINGS



2

CALORIES



259 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 1 cup banana ripe sliced (1 large)
- ☐ 2 servings graham cracker crumbs
- ☐ 2 tablespoons graham cracker crumbs whole wheat ()
- ☐ 0.3 cup ice cubes
- ☐ 0.5 cup milk 1% low-fat
- ☐ 1 cup vanilla yogurt low-fat
- ☐ 1 tablespoon nonfat milk dry
- ☐ 0.5 teaspoon vanilla extract

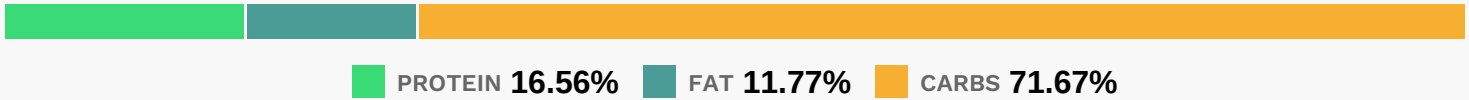
Equipment

- ☐ baking sheet
- ☐ blender

Directions

- ☐ Arrange banana slices in a single layer on a baking sheet, and freeze until firm (about 1 hour).
- ☐ Place frozen banana and remaining ingredients in a blender. Process until smooth.
- ☐ Sprinkle with graham cracker crumbs.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:101.39, Glycemic Load:14.22, Inflammation Score:-5, Nutrition Score:12.18565223528%

Flavonoids

Catechin: 4.57mg, Catechin: 4.57mg, Catechin: 4.57mg, Catechin: 4.57mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 259.34kcal (12.97%), Fat: 3.47g (5.34%), Saturated Fat: 1.6g (9.98%), Carbohydrates: 47.53g (15.84%), Net Carbohydrates: 45.2g (16.44%), Sugar: 33.59g (37.32%), Cholesterol: 9.82mg (3.28%), Sodium: 198.73mg (8.64%), Alcohol: 0.34g (100%), Alcohol %: 0.14% (100%), Protein: 10.98g (21.96%), Calcium: 344.5mg (34.45%), Phosphorus: 301.23mg (30.12%), Vitamin B2: 0.47mg (27.59%), Potassium: 718.66mg (20.53%), Vitamin B6: 0.39mg (19.53%), Vitamin B12: 1.16µg (19.34%), Magnesium: 57.96mg (14.49%), Selenium: 9.02µg (12.88%), Vitamin B5: 1.27mg (12.74%), Zinc: 1.75mg (11.69%), Manganese: 0.21mg (10.61%), Vitamin B1: 0.15mg (9.94%), Vitamin C: 7.76mg (9.41%), Fiber: 2.32g (9.3%), Folate: 36.59µg (9.15%), Vitamin D: 1.06µg (7.08%), Vitamin A: 298.03IU (5.96%), Vitamin B3: 1.15mg (5.76%), Copper: 0.09mg (4.27%), Iron: 0.75mg (4.16%)